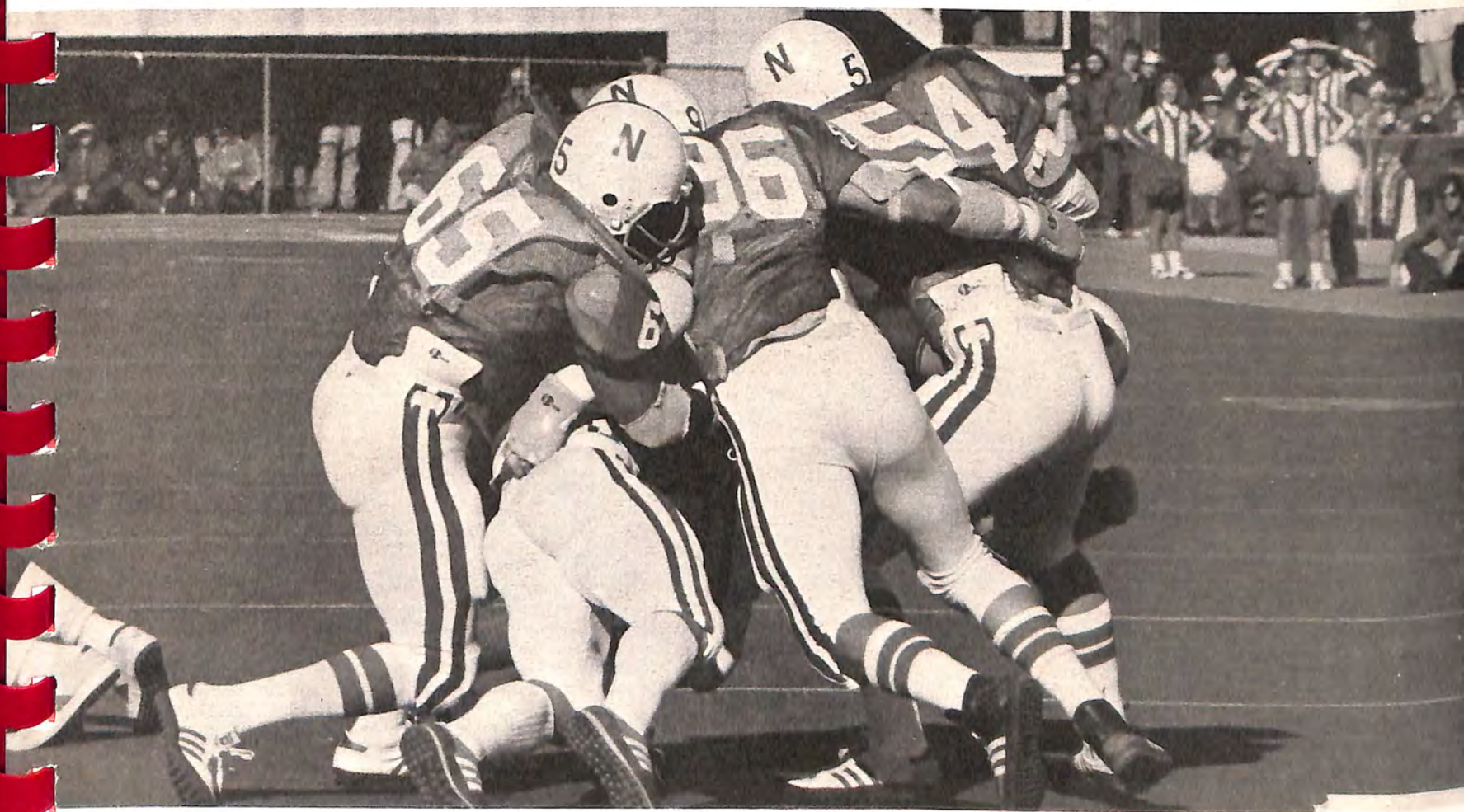


SUMMER CONDITIONING PROGRAM 1978



Sept. 2 Alabama
Sept. 9 California
Sept. 23 Hawaii
Sept. 30 Indiana
Oct. 7 Iowa State
Oct. 14 Kansas State

Oct. 21 Colorado
Oct. 28 Oklahoma State
Nov. 4 Kansas
Nov. 11 Oklahoma
Nov. 18 Missouri

University of Nebraska-Lincoln



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Enclosed is your summer conditioning program for 1978. We believe our physical condition is going to be a major factor in how successful we will be next fall, particularly in our early games. Therefore, it will be necessary for you to work very hard on the enclosed program.

It is important for you to look at the chart on page one of your booklet to see which steps are required each day. You should also consult the ten-week outline for page numbers and additional information regarding each step of your program.

Please fill out the enclosed post cards on the date marked on each card and drop them in the mail the same day so the coaches can keep track of your progress.

Hope you have a good summer and report in August in excellent condition.

Tom Osborne
Head Football Coach



STEP	Monday	Tuesday	Wednesday	Thursday	Friday
#1	XXX	XXX	XXX	XXX	XXX
#2		XXX		XXX	
#3		XXX		XXX	
#4	XXX	XXX	XXX	XXX	XXX
#5	XXX		XXX		XXX
#6	XXX	XXX	XXX	XXX	XXX

UNIVERSITY OF NEBRASKA TEN-WEEK SUMMER CONDITIONING OUTLINE

STEP ONE: Warm-up and Stretching Exercises - (see section on Warm-up and Stretching Exercises, pages 2-6)

TO BE DONE DAILY

STEP TWO: Form Running - (see section on Form Running, page 7)

TO BE DONE TUESDAY AND THURSDAY

STEP THREE: Skill and Drill - Work on skills for your position - (see section on Skill and Drill, pages 8-10)

TO BE DONE TUESDAY AND THURSDAY

STEP FOUR: Daily Work-out - (see section on Daily Work-out, pages 11-18)

TO BE DONE DAILY

STEP FIVE: Weight Training - (see section on Weight Training, pages 19-64)

TO BE DONE MONDAY, WEDNESDAY AND FRIDAY

STEP SIX: Warm-down - Jog one 440 yd. lap and an optional 440 yd. lap. Do two to three minutes of stretching.

TO BE DONE DAILY

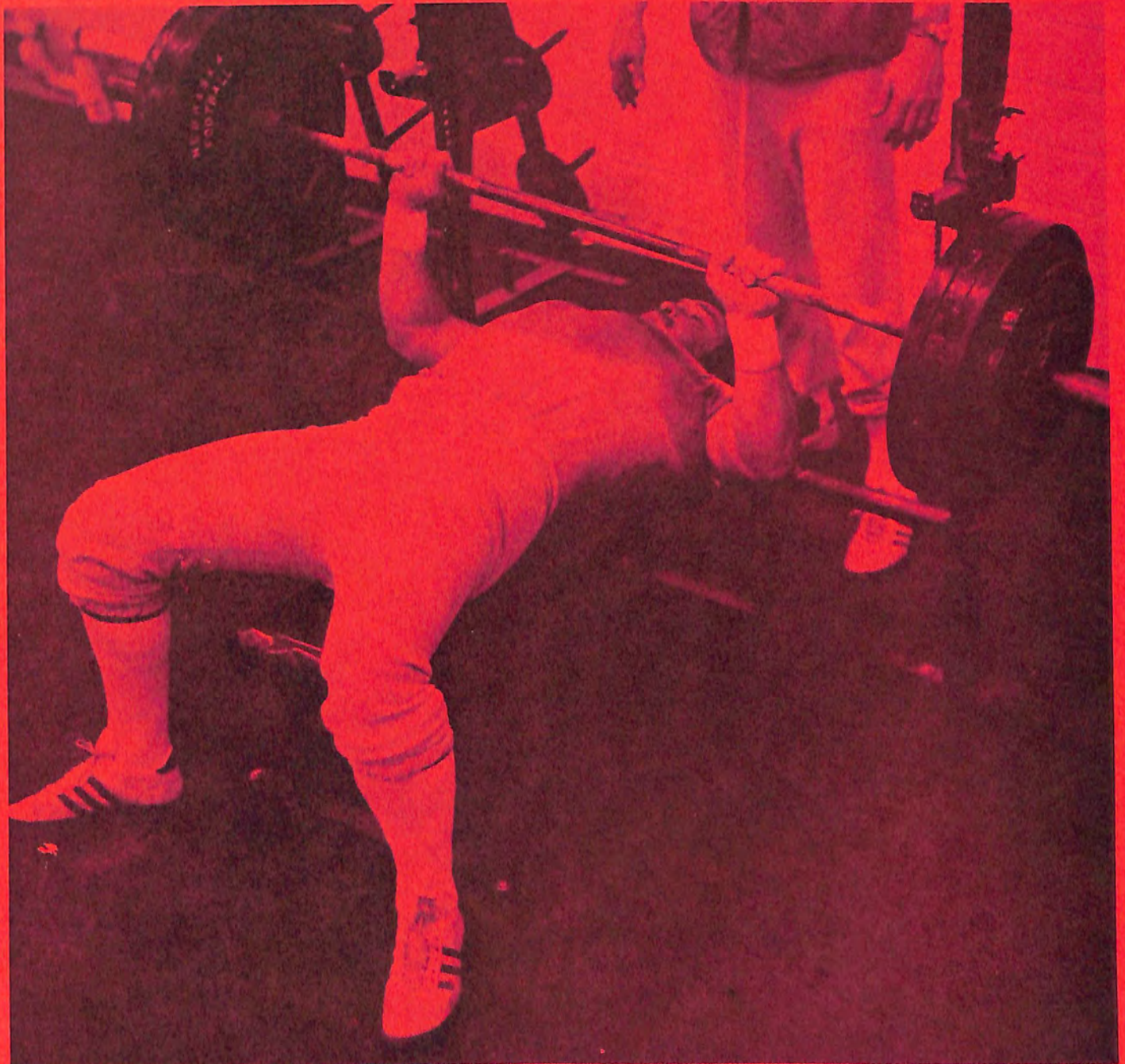
*Begin your pre-season weight training adjustment July 10 - (see page 22)

*Record your times and lifts.



STEP 1

Warm-up and Stretching Exercises



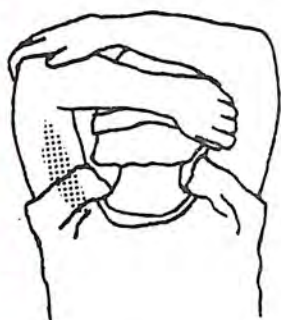
LARRY COOLEY is shown setting the All-time Nebraska Football **Bench Press** record with 405 lbs. Larry was named Co-lifter of the Year for 1976-77.



STEP ONE: Warm-up and Stretching Exercises

Run one lap (440 yards) as a warm-up on the grass or running track. Start out slowly and gradually increase your speed to a fast stride near the end of the warm-up.

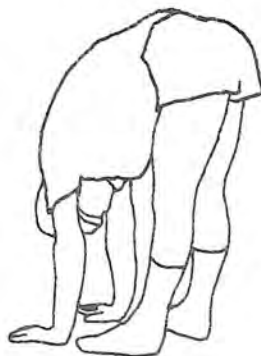
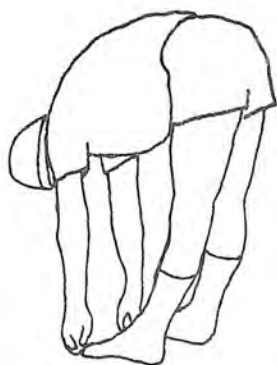
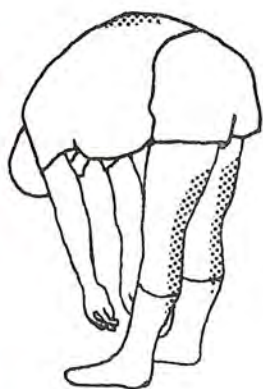
Do the following stretching exercises:



- 1.) Pull elbow behind head—hold easy stretch 10 seconds each arm, 20 seconds total.

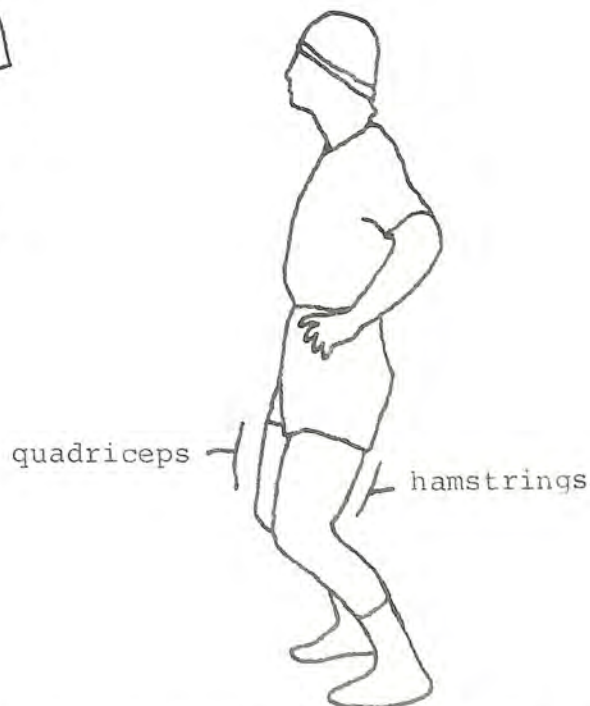
- 2.) Interlace fingers behind your back. Slowly turn your elbows to inside as you keep your arms straight. Your chest should be forward and head straight. 15 seconds.

- 3.) With arms extended over head, grab one hand with the other. Slowly bend at waist as you gently pull hand toward floor. Hold an easy stretch 10 seconds each side.



- 4A.) From a standing position, with legs straight, slowly bend at waist until you feel an easy stretch in the back of the legs. Do not over stretch. 30 seconds.

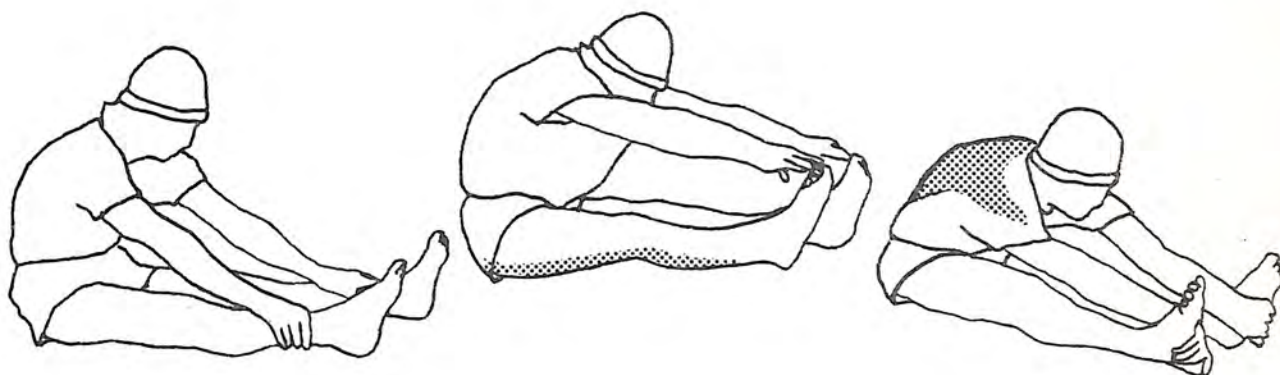
- 4B.) Return to a standing position by slightly bending your knees and then stand erect. This will take the pressure off the lower back and stretch out the hamstrings.



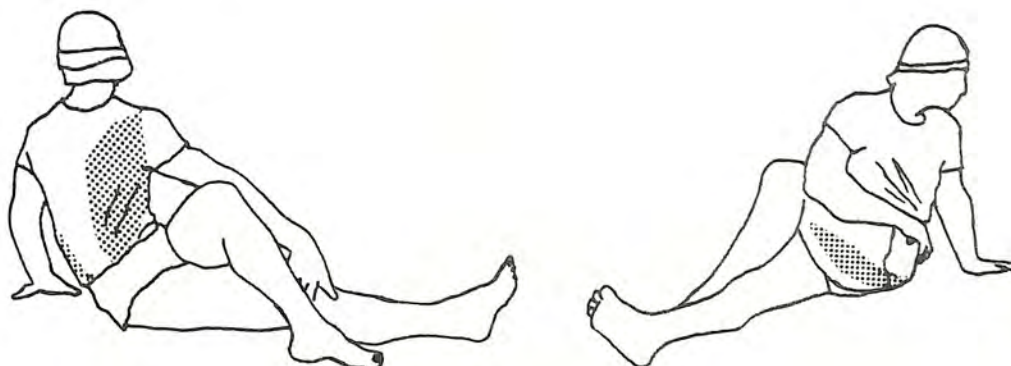
- 5.) $\frac{1}{4}$ squat—hold 20 seconds. Bring quads into action as hamstrings relax. Principle of reciprocal inhibition.

- 6.) Repeat #4. Hold 25 seconds. Do not bounce when you stretch. Hold an easy stretch. Be relaxed.





- 7.) Sit down with heels 4 to 8 inches apart. With legs straight slowly bend forward at waist. Hold an easy stretch for 10 seconds. Slightly increase stretch into developmental phase of stretching. Hold for 10 seconds. 20 sec. Use towel if necessary.



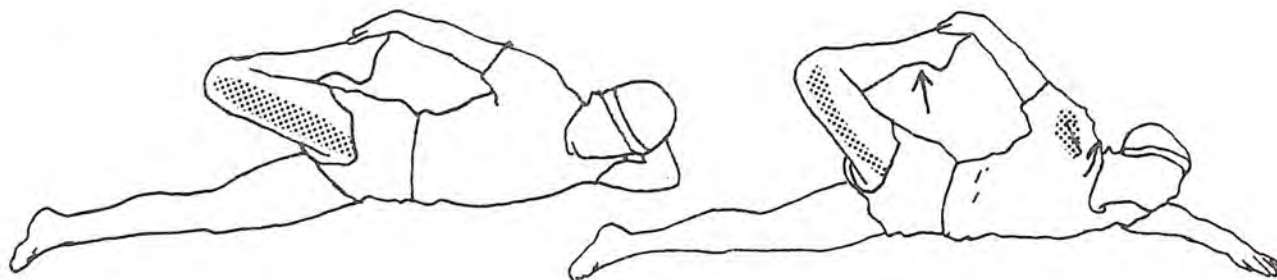
- 8.) Spinal twist—10 seconds each side. 20 seconds.



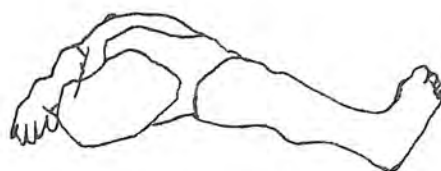
- 9.) Pull soles of feet together. With your hands clasped around your feet, slowly pull yourself forward until you feel a stretch in the groin area. Hold an easy stretch for 15 seconds. Slowly increase stretch as you feel yourself relax. Hold developmental stretch for 15 seconds. Keep elbows on outside of legs for great stability. 30 seconds.



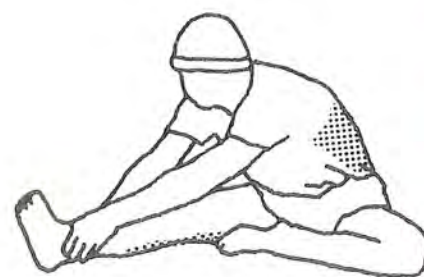
- 10.) Pull leg to chest as one unit, one hand around knee and other hand around ankle. Stretch under control. Do not strain—20 seconds.



- 11.) Lay on side, extend lower leg into hand. Create stretch in quad. 10 sec. Makes hurdle stretch easier to do.

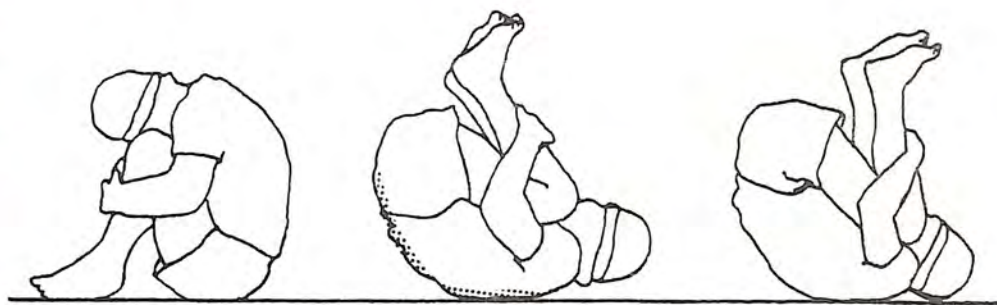


- 12.) Now set the same leg behind you in hurdle stretch. Toe pointed straight back if possible, but do not strain to do it. Slowly lean backwards until you feel the stretch in the quad. Stretch easy and then slowly increase stretch into developmental phase as you relax. 30 seconds.

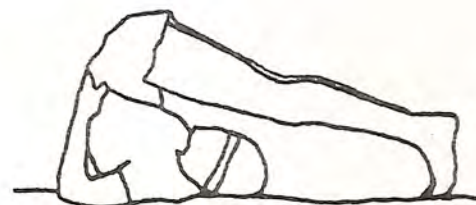


- 13.) Then straighten out the bent leg and bring the sole of the other foot to the inside of the other thigh. Now with your foot pointed straight ahead (keep foot relaxed) slowly bend forward at waist to stretch hamstring and back. Hold an easy stretch 5 sec. and developmental 15 sec. No drastic stretching. 30 seconds. Use towel if necessary.

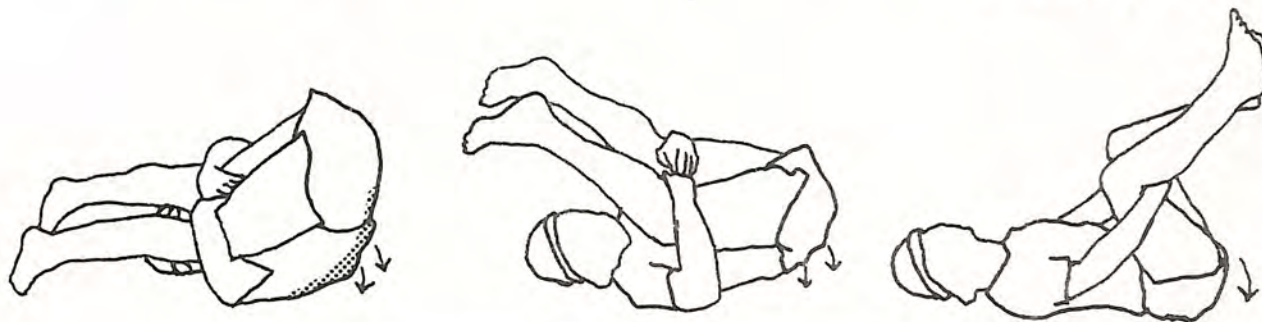
- 14.) Repeat 11, 12, 13, 14—total 90 seconds.



15.) Roll in ball, up and back. 4-6 times. 15 sec.



16.) Legs over head—keep knees slightly bent. Use hands on back of hips for support. Hold an easy stretch whenever you can breath naturally. 20 sec.



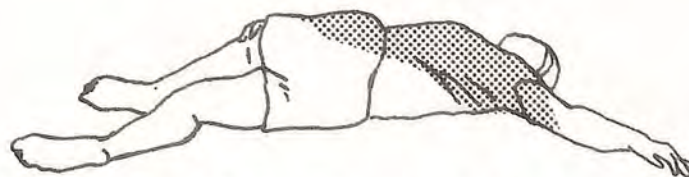
17.) From this legs over head position, roll down on spine. Slowly rolling forward—hitting one vertebrae at a time. Roll slowly and under control 10 seconds. Use hands behind knees or lower legs to help the stretch as you roll. 10 seconds.



18.) Lay flat on back, extend arms over head. Point toes and stretch arms over head as far as you can without a drastic strain. 5 sec. then relax.



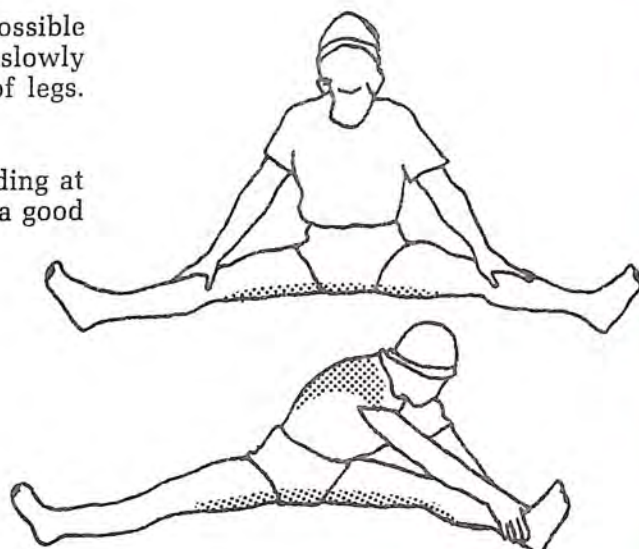
19.) From this lying position. Grab one leg just below the knee and pull knee toward chest. Back of head may be up or down. Hold stretch 10 seconds.



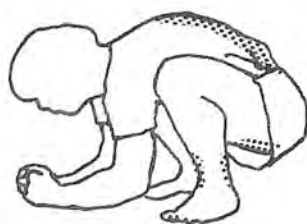
20.) From #19, pull bent leg over straight leg. If your right leg is bent over, use left hand on upper part of thigh to gently pull down as you keep your shoulders flat and head looking toward the hand of the right arm that is flat and extended straight out from shoulder. This should stretch lower back and side of butt. 20 seconds. Do not strain.

21.) Repeat #19 & 20 with opposite leg—30 seconds total.

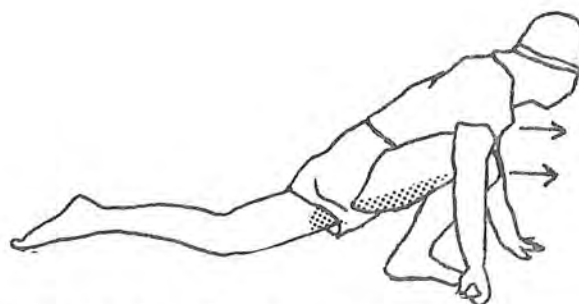
- 22.) a. Sit-up with legs straight—move legs out as far as possible *without straining*. Keep feet upright and relaxed. Now slowly lead straight forward until you feel straight on inside of legs. Keep hips forward—hold easy stretch for 20 seconds.
- b. Sit up straight—stretch left hamstring and back by bending at waist toward foot of left leg. Keep head up as you feel a good but controlled stretch 20 seconds.
- c. Other leg, 20 seconds. Total 60 seconds.



- 23.) Pull soles of feet together, pull forward and hold easy stretch 20 seconds.



- 24.) Saigon Squat. 10 seconds.



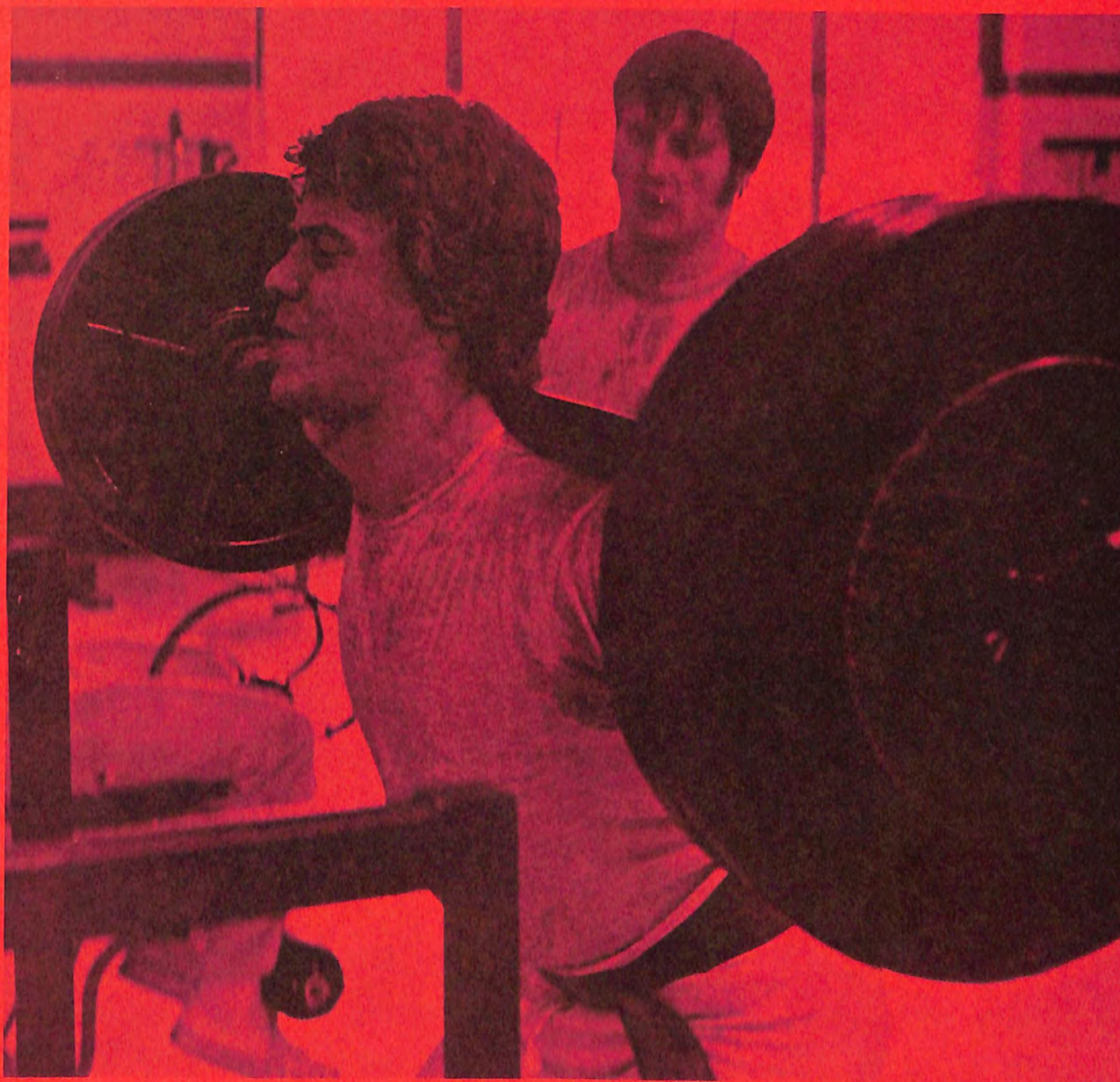
- 25.) One leg forward with a bent knee (knee should be directly over ankle). Other leg is directly behind with the knee down. Slowly move hips forward without changing position of front foot or back knee. Hold easy stretch for 15 seconds. Do both sides. 30 seconds. Should feel stretch in front of hip, hamstring or groin.

Note: The shaded area indicates what is being stretched.

This ten minute stretching routine was developed specifically for the University of Nebraska football team by the nationally recognized stretching expert, Bob Anderson. The drawings have been reproduced from the book *Stretching* by Bob Anderson. All rights are reserved and reproduction is forbidden without the consent of the author. For further information, write: *Stretching*, P.O. Box 1002, Englewood, Colorado.

STEP 2

Form Running



Pictured on the **Squat** is RIK BONNESS, two-time All-American center and two-time Lifter of the Year, 1973-74 and 1974-75. ROD HORN is the All-time record holder for Nebraska football players on the squat with 560 lbs.



STEP TWO - Form Running

Tuesday & Thursday

May 30 to June 8 - Do High Knee Sprints:

1. Run 2-40's with high knees (keep arms straight at your sides) - 1/2 speed
2. Run 2-40's with high knees (include arm action) - 3/4 speed
3. Run 2-40's with high knees (include arm action and pump knees as fast as you can)

June 13 to June 22 - Do Bounding and Ankle Flips:

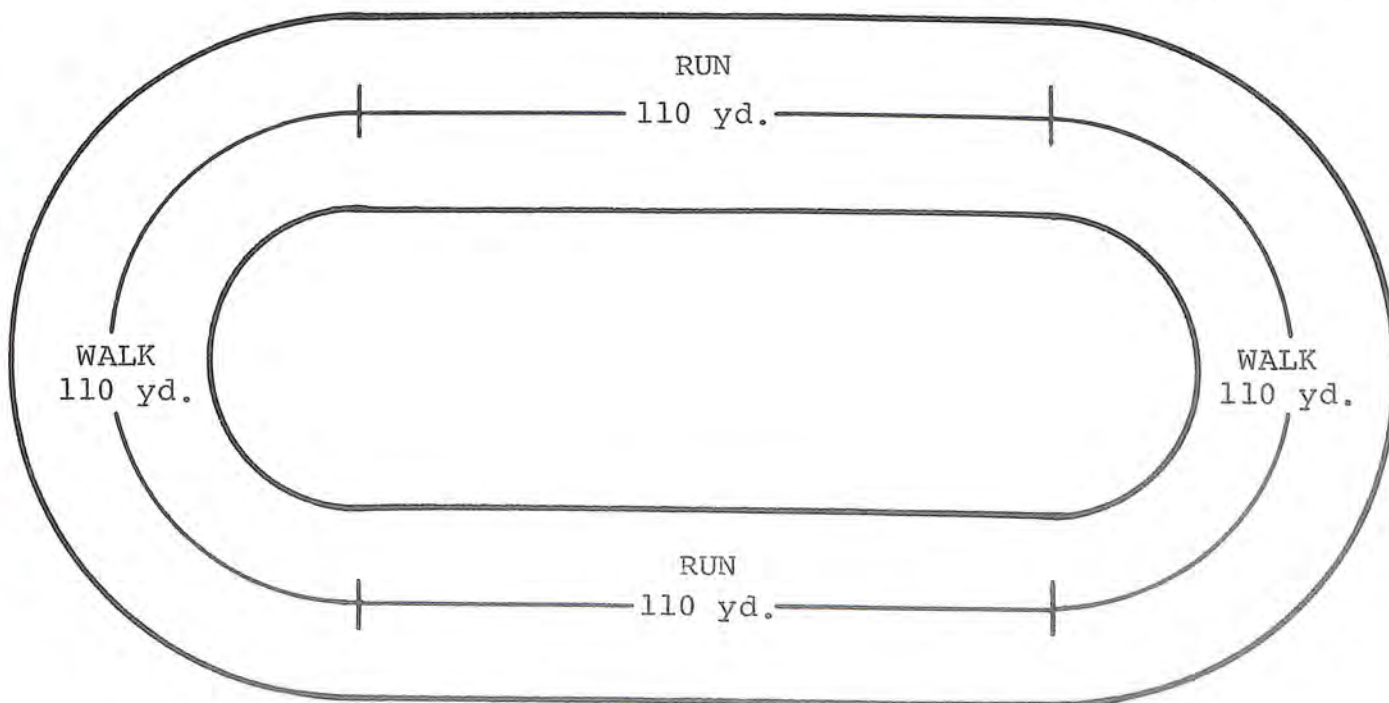
1. Run 2-40's with exaggerated running strides in a bounding movement combining height and distance.
2. Do 4-20's, try to emphasize slow forward speed with intense explosion off the balls of the feet up through the ankle, gaining maximum height. Also emphasize high knee action and uniform rhythmic arm thrusting action back and forth through the shoulder as the leg is straightened following each explosion.

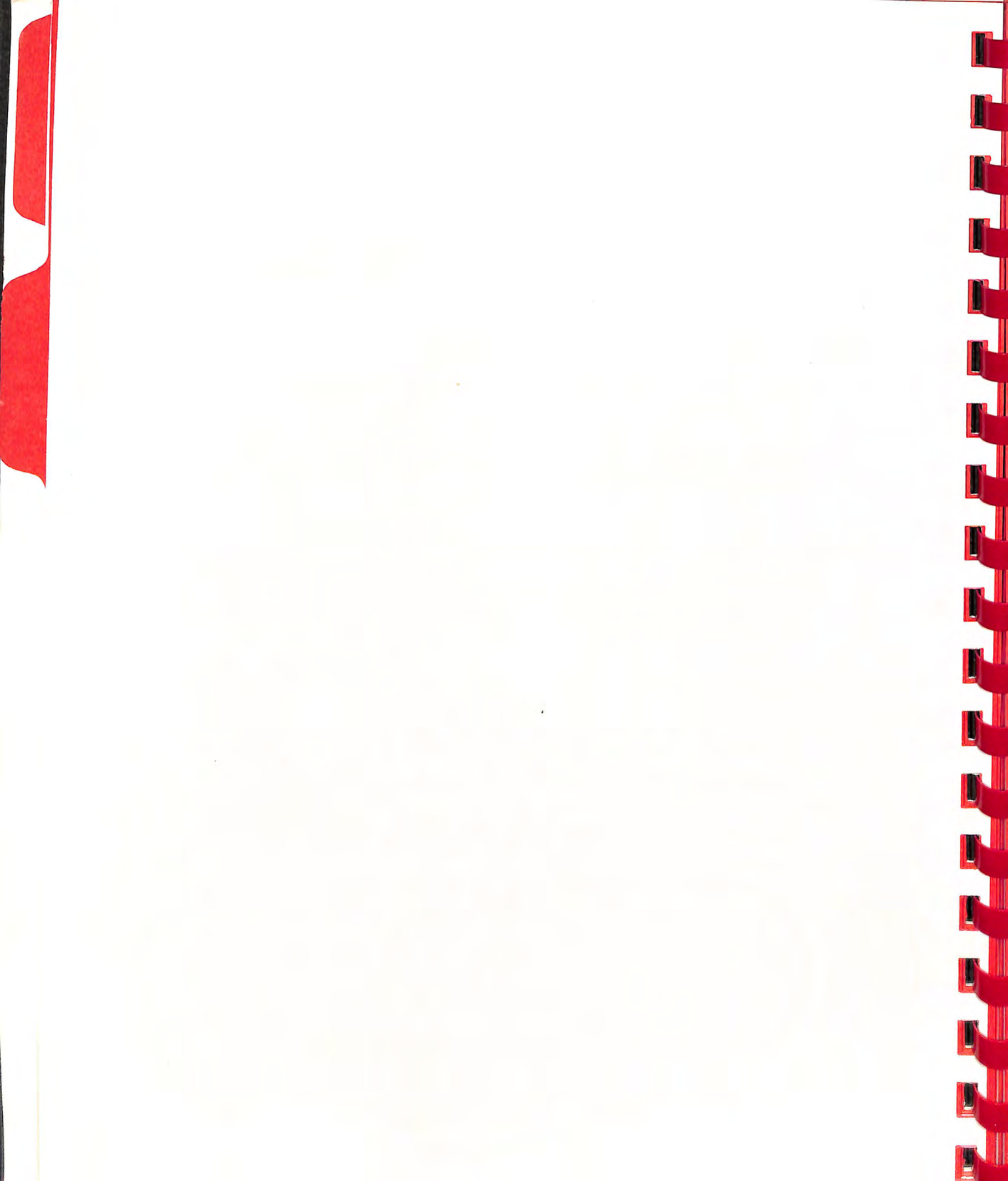
June 27 to July 13 - Do Fartlek Sprints:

1. Build up speed for 20 yards, then sprint 20 yards, let up for 20 yards and repeat. These Fartlek sprints are excellent for developing the explosive leg strength necessary for football. Do three or four lengths of the football field.

July 18 to August 10 - Do Wind Sprints:

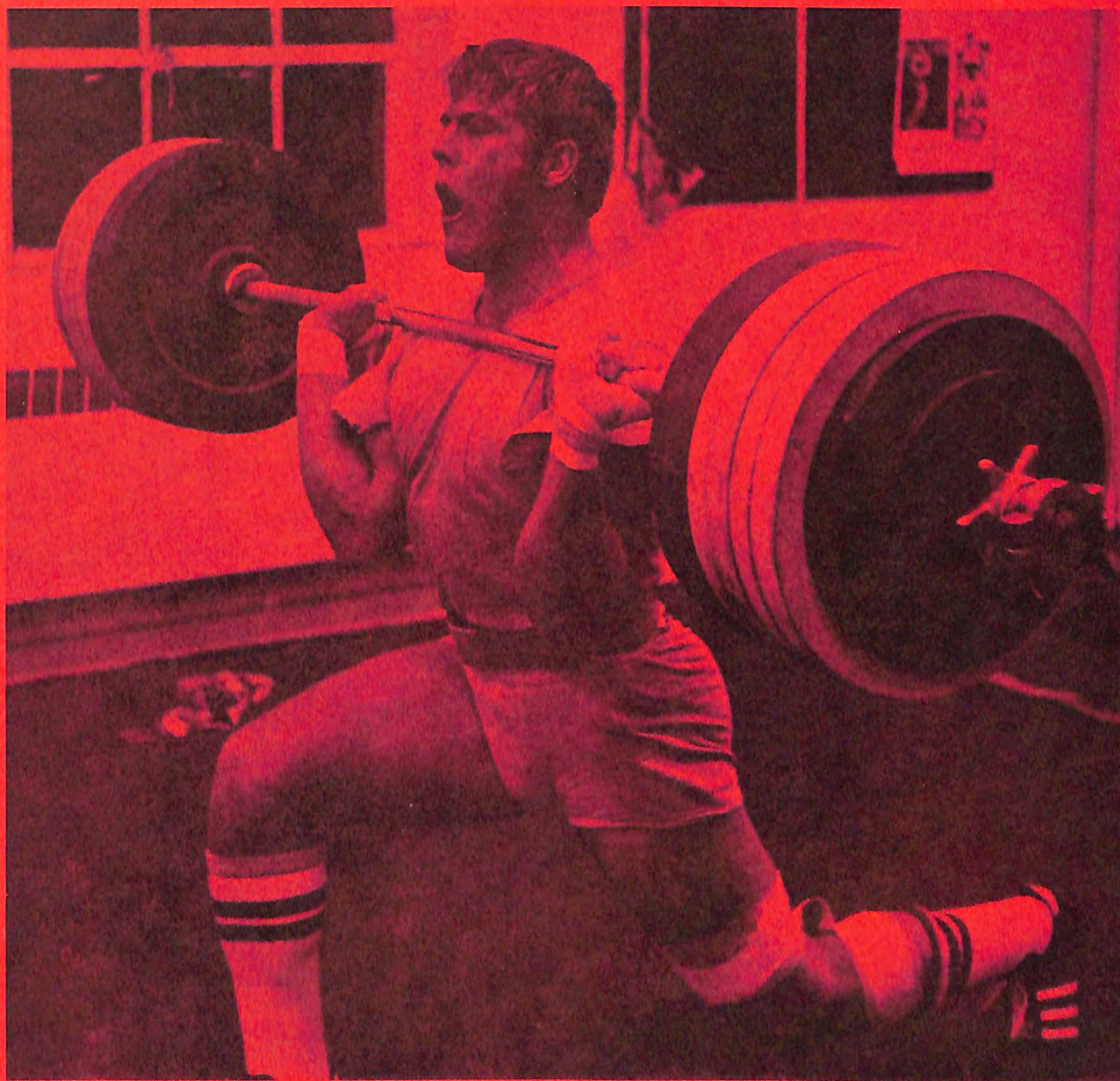
1. Run Four to Six straightaways and walk or jog the curves, each run progressively faster: #1 - 50%, #2 - 75%, #3 - 85%, #4, #5, #6 - 100%





STEP 3

Skill and Drill



ROD HORN is shown actually setting the All-time Nebraska Football record **Power Clean** with 342 lbs. Rod was named the Lifter of the Year as a freshman in 1975-76.



Step Three - SKILL & DRILL

Tuesday & Thursday

Offensive Linemen:

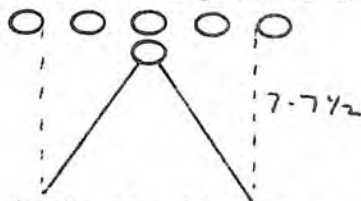
1. Stress rope jumping during the warm-up period.
2. Crab at least 40 yards per day.
Position yourself on all fours with your head up at all times.
Draw the knees up to the chest as you run; emphasize speed and quickness in this drill.
3. Practice 71-79 drops.
4. Practice drop step right and left.
5. Practice lead step right and left.

Offensive Centers:

1. Practice snaps, emphasizing immediate blocking movement.
2. Practice snaps for punts (14-15 yards) emphasizing power, using booth hands. Also, practice snaps for P.A.T.'s.
3. Practice 71-79 drops.
4. Practice lead step right and left.

Quarterbacks:

1. Repeat our drop back retreat seven yards (right or left) to the inside hip of the tackle. Emphasize the speed of retreat and quick set up to throw.



2. Quarterbacks should take 10-15 good hard snaps from a center emphasizing correct hand and arm position, good comfortable stance, taking the ball into the belly and then setting up to pass and/or hand-off or pitch.

Receivers:

1. All receivers should catch at least 50 balls per day either running patterns (8 yards out, 15-16 yard hook, 14 yard post, 16 yard comeback, or takeoff) or by the following drills:
 - A. Turnaround Drill: Receiver stands approximately 15 yards from the passer with his back to the passer. At a given signal (ball or red) the receiver turns around and catches the thrown ball. The receiver is forced to pick-out the ball as it is already in flight. The ball must be thrown hard and in various difficult trajectories. The receiver must emphasize quickness of turn, breakdown position in preparation for catch, concentration on putting the ball away and turning upfield.
 - B. Horseshoe Drill: Receiver is 15 yards from the passer running in place. The receiver looks over one shoulder as the ball is thrown making a horseshoe pattern. The receiver should catch low balls, high balls, balls that are behind him etc. After each catch, put the ball away and turn upfield.

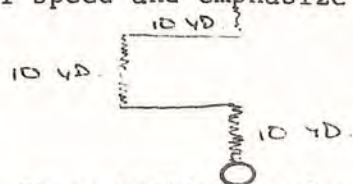


Defensive Linemen: (Middle Guards and Tackles)

1. Stress rope jumping during the warm-up period.
2. Quick drills:
 - a. Forward Rolls - keep chin tucked as you roll forward.
 - b. Seat Roll - Pre-drill position:
On all fours, head up, back parallel to ground, feet spread a little wider than shoulder width.
Alternate rolling on seat (right and left), returning to pre-drill position, emphasizing quickness of roll and constant moving of feet in chopping motion. Repeat 8-10 times.
 - c. Grass Drill - Pre-drill position:
Good "broken down 2 point hit position".
 1. Start feet "running in place".
 2. Drop to ground, chest and legs flat.
 3. Return to pre-drill position, feet moving.
 4. Repeat 10-15 times.
 - d. Crab Drill - Pre-drill position:
Same as for seat roll.
 1. Move alternating forward, backward, sideways, emphasizing quickness of feet, keeping head up and back parallel to ground, driving legs and knees up under chest.
 - e. If ropes are available - run through all the squares, knees high and arms in a vigorous pumping motion. Good high knee action.
 - f. If bags are available - use seven bags lying down, raise knees and pump arms as you run over bags. Also, step over bags sideways, keeping knees up high.
3. Agility drills:
 - a. Chop your feet twice in between each bag. Keep your base low, shoulders upfield, eyes upfield.
 - b. Take off, go as fast as you can with one step between the bags. Keep your base low, shoulders upfield, eyes upfield.
 - c. Ropes or tires - High step through as fast as you can go. Hit each hole or square.

Defensive Backs:

1. Back-Up - Back up down a yard line as fast as you can 25-30 yards and concentrate on keeping your shoulders and body weight forward. Without straying off the yard-line make a couple of 180° turns, (one each way). The body should make a complete turn out, keep the head upfield.
2. 90° Turn - Start backing up for around ten yards, then make a 90° cut left, as if covering an out pattern. When you cut to your left, pivot off your right foot. When planting the right foot, it not only stops your momentum backwards, but gets you moving to the left. Burst for 10-15 yards, then back up another ten yards and make the same cut to the right. Repeat this procedure four or five times. Try to make cuts at full speed and emphasize keeping the shoulders and body weight forward.

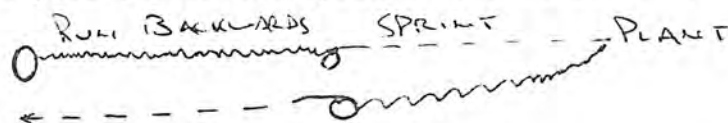


3. 45° Drill - Start backing up forward ten yards, break at a 45° angle as if covering a post pattern. If you break to the left you will pivot off the right foot. Concentrate on not over-extending that first step with the left foot. Burst for 6-10 yards. Repeat this drill for four or five times.



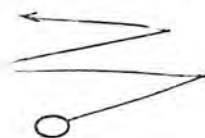
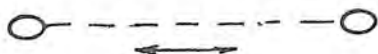
Defensive Ends and Linebackers:

1. From a sound two point football position, drive backwards approximately ten yards, turn and sprint approximately ten yards, plant to a stop, run backwards ten yards, turn and sprint for a final ten yards.

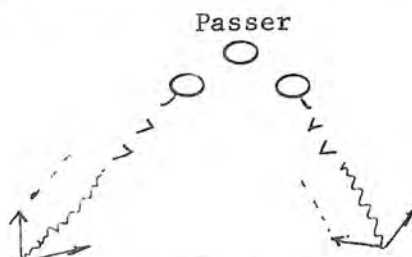


Repeat twice. Stress staying in good football position as you run backwards, with head up. Stress quick turns and good form running during sprint segment.

2. From a good two point football stance, turn and run to your right for five yards, plant and run left for five yards, plant and run right for a few yards, plant and run left for a few yards. Repeat twice. Emphasize quick change of direction.



3. From a good two point football stance, turn, crossover, crossover, and shuffle back at a 45° angle to a depth of 10-15 yards. If possible, have a friend throw the ball to your left (right) to allow you to drive for it. Your drop depth, therefore, will depend on when the passer is ready to deliver the ball. Repeat, dropping at 45° angle to the other side.



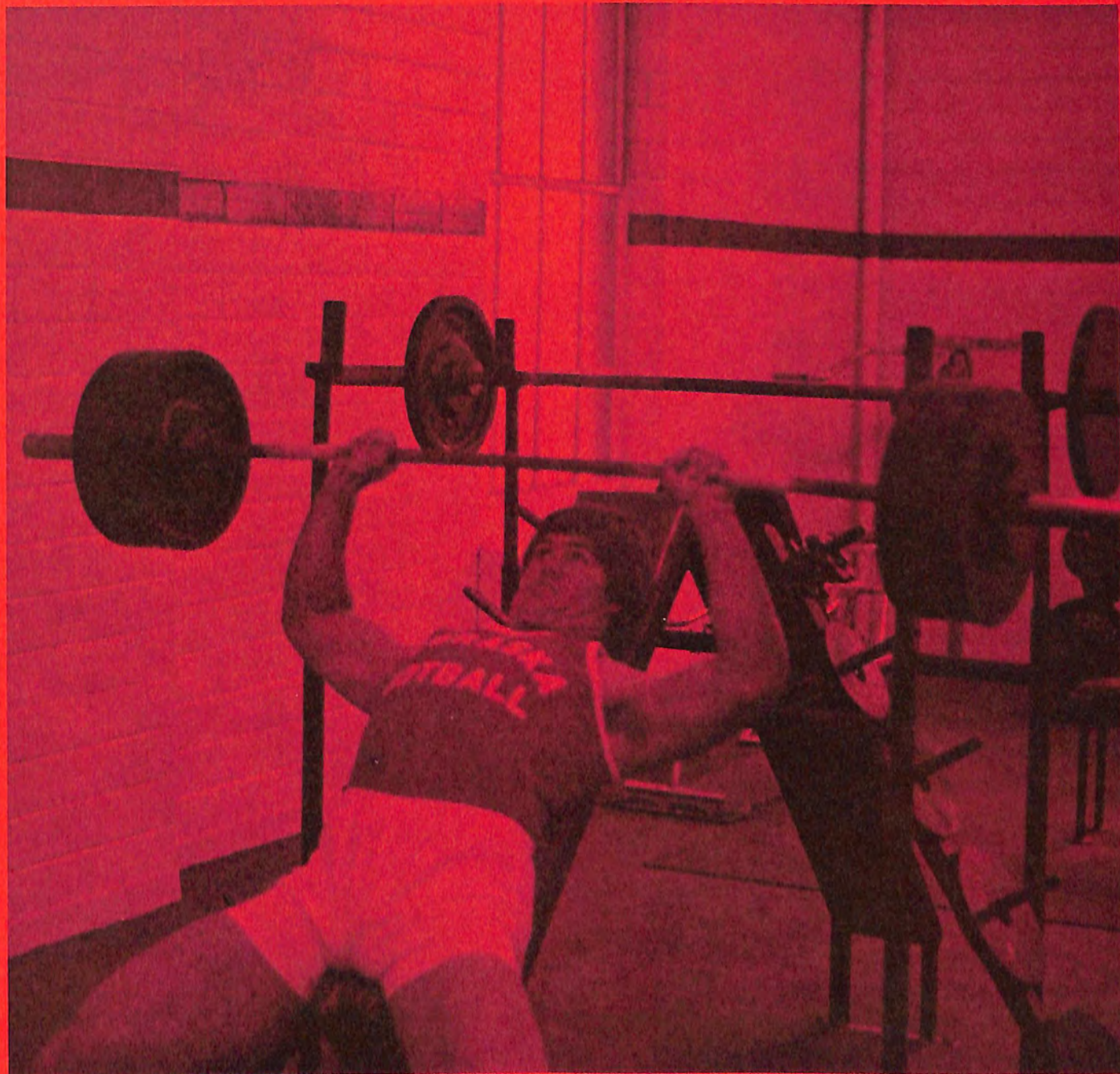
4. From a good two point football position, run backwards under control. Have a friend throw ball to your left, right, or in front of you to enable you to plan and drive to catch it. Repeat twice, emphasizing immediate stop to immediate acceleration to football.

Passer



STEP 4

Daily Workout



KELVIN CLARK is the All-time record holder for Nebraska players on the **Incline Press** with 340 lbs. Kelvin was named the Lifter of the Year for 1977-78.



Step Four - Daily Work-out

Type of Running	Week	Dates
Marathon	1	May 29 - June 4
Marathon	2	June 5 - 11
Marathon	3	June 12 - 18
Marathon	4	June 19 - 25
Fartlek	5	June 26 - July 2
Fartlek	6	July 3 - 9
Fartlek	7	July 10 - 16
Fartlek	8	July 17 - 23
Interval	9	July 24 - July 30
Interval	10	July 31 - August 6
Interval	11	August 7 - 13

*There will be a 1.5 mile run for time after pictures on Picture Day.

Type of Lifting	Week	Dates
Off-Season Development	1 - 6	May 29 - July 9
Pre-Season Circuit	7 - 11	July 10 - August 13

STEP FOUR - DAILY WORKOUT

DATE	RECORD YOUR TIMES	LINEMEN PROGRAM	RECORD YOUR TIMES	BACKS AND ENDS PROGRAM
Monday, May 29		1.0 mile run (7:20) plus weights		1.5 mile run (10:00) plus weights
Tuesday, May 30		1.5 mile run (11:00)		2.0 mile run (13:20)
Wednesday, May 31		1.0 mile run (7:20) plus weights		1.5 mile run (10:00) plus weights
Thursday, June 1		1.5 mile run (11:00)		2.0 mile run (13:20)
Friday, June 2		1.0 mile run (7:20) plus weights		1.5 mile run (10:00) plus weights
Saturday, June 3 and		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, or golf.
Sunday, June 4				
Monday, June 5		1.0 mile run (7:00) plus weights		2.0 mile run (13:00) plus weights
Tuesday, June 6		2.0 mile run (14:30-14:40)		2.5 mile run (16:40-17:00)
Wednesday, June 7		1.0 mile run (7:00) plus weights		2.0 mile run (13:00) plus weights
Thursday, June 8		2.0 mile run (14:30-14:40)		2.5 mile run (16:40-17:00)
Friday, June 9		1.0 mile run (7:00) plus weights		2.0 mile run (13:00) plus weights
Saturday, June 10 and		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf.		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf.
Sunday, June 11				
Monday, June 12		1.5 mile run (10:30-10:45) plus weights		2.5 mile run (16:20-16:40) plus weights
Tuesday, June 13		2.0 mile run (14:15-14:30)		3.0 mile run (18:40-19:00)
Wednesday, June 14		1.5 mile run (10:30-10:45) plus weights		2.5 mile run (16:20-16:40) plus weights
Thursday, June 15		2.0 mile run (14:15-14:30)		3.0 mile run (18:40-19:00)
Friday, June 16		1.5 mile run (10:30-10:45) plus weights		2.5 mile run (16:20-16:40) plus weights
Saturday, June 17 and		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf.		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, or golf.
Sunday, June 18				

STEP FOUR - DAILY WORKOUT

DATE	RECORD YOUR TIMES	LINEMEN PROGRAM	RECORD YOUR TIMES	BACKS AND ENDS PROGRAM
Monday, June 19		2.0 mile run (14:00-14:15) plus weights		3.0 mile run (18:20-18:40) plus weights
Tuesday, June 20		2.0 mile run (14:00-14:15)		3.0 mile run (18:20-18:40)
Wednesday, June 21		2.0 mile run (14:00-14:15) plus weights		3.0 mile run (18:20-18:40) plus weights
Thursday, June 22		2.0 mile run (14:00-14:15)		3.0 mile run (18:00-18:20)
Friday, June 23		2.0 mile run (14:00-14:15) plus weights		3.0 mile run (18:00-18:20) plus weights
Saturday, June 24 and		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf.		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, or golf.
Sunday, June 25				
Monday, June 26		Run continuous 2 mile fartlek -- 1. 880 (3:40) 3. 880 (3:40) 2. 880 (4:10) 4. 880 (4:10) plus weights		Run continuous 3 mile fartlek -- 1. 880 (3:00) 4. 880 (3:37) 2. 880 (3:37) 5. 880 (3:00) 3. 880 (3:00) 6. 880 (3:37) plus weights
Tuesday, June 27		Run continuous 2 mile fartlek -- 1. 880 (3:40) 3. 880 (3:40) 2. 880 (4:10) 4. 880 (4:10)		Run continuous 3 mile fartlek -- 1. 880 (3:00) 4. 880 (3:37) 2. 880 (3:37) 5. 880 (3:00) 3. 880 (3:00) 6. 880 (3:37) plus weights
Wednesday, June 28		Run continuous 2 mile fartlek plus weights -- 1. 880 (3:40) 3. 880 (3:40) 2. 880 (4:10) 4. 880 (4:10)		Run continuous 3 mile fartlek plus weights -- 1. 880 (3:00) 4. 880 (3:37) 2. 880 (3:37) 5. 880 (3:00) 3. 880 (3:00) 6. 880 (3:37)
Thursday, June 29		Run continuous 2 mile fartlek -- 1. 880 (3:40) 3. 880 (3:40) 2. 880 (4:10) 4. 880 (4:10)		Run continuous 3 mile fartlek -- 1. 880 (3:00) 4. 880 (3:37) 2. 880 (3:37) 5. 880 (3:00) 3. 880 (3:00) 6. 880 (3:37)
Friday, June 30		Run continuous 2 mile fartlek plus weights -- 1. 880 (3:40) 3. 880 (3:40) 2. 880 (4:10) 4. 880 (4:10)		Run continuous 3 mile fartlek plus weights -- 1. 880 (3:00) 4. 880 (3:37) 2. 880 (3:37) 5. 880 (3:00) 3. 880 (3:00) 6. 880 (3:37)
Saturday, July 1 and Sunday, July 2		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf

STEP FOUR - DAILY WORKOUT

DATE	RECORD YOUR TIMES	LINEMEN PROGRAM	RECORD YOUR TIMES	BACKS AND ENDS PROGRAM
Monday, July 3		Run continuous 2 mile fartlek 880-3:30/3:54 plus weights		Run continuous 3 mile fartlek 880-2:31/3:22 plus weights
Tuesday, July 4		Run continuous 2 mile fartlek 880-3:30/3:54		Run continuous 3 mile fartlek 880-2:31/3:22
Wednesday, July 5		Run continuous 2 mile fartlek 880-3:30/3:54		Run continuous 3 mile fartlek 880-2:31/3:22 plus weights
Thursday, July 6		Run continuous 2 mile fartlek 880-3:30/3:54		Run continuous 3 mile fartlek 880-2:31/3:22
Friday, July 7		Run continuous 2 mile fartlek 880-3:30/3:54 plus weights		Run continuous 3 mile fartlek 880-2:31/3:22 plus weights
Saturday, July 8 and Sunday, July 9		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf
Monday, July 10		Run continuous 2 mile fartlek 880-3:09/3:45 (Begin Pre-season weight circuit today, see page 22.)		Run continuous 3 mile fartlek 880-2:42/3:14 (Begin Pre-season weight circuit today, see page 22.)
Tuesday, July 11		Run continuous 2 mile fartlek 880-3:09/3:45		Run continuous 3 mile fartlek 880-2:42/3:14
Wednesday, July 12		Run continuous 2 mile fartlek 880-3:09/3:45 plus weight circuit		Run continuous 3 mile fartlek 880-2:42/3:14 plus weight circuit
Thursday, July 13		Run continuous 2 mile fartlek 880-3:09/3:45		Run continuous 3 mile fartlek 880-2:42/3:14
Friday, July 14		Run continuous 2 mile fartlek 880-3:09/3:45 plus weight circuit		Run continuous 3 mile fartlek 880-2:42/3:14 plus weight circuit
Saturday, July 15 and Sunday, July 16		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf
Monday, July 17		Run 2 mile fartlek 880-3:00/3:36 plus weight circuit		Run 3 mile fartlek 880-2:35/3:06 plus weight circuit
Tuesday, July 18		Run 2 mile fartlek 880-3:00/3:36		Run 3 mile fartlek 880-2:35/3:06
Wednesday, July 19		Run 2 mile fartlek 880-3:00/3:36 plus weight circuit		Run 3 mile fartlek 880-2:35/3:06 plus weight circuit
Thursday, July 20		Run 2 mile fartlek 880-3:00/3:36		Run 3 mile fartlek 880-2:35/3:06

STEP FOUR - DAILY WORKOUT

DATE	RECORD YOUR TIMES	LINEMEN PROGRAM	RECORD YOUR TIMES	BACKS AND ENDS PROGRAM
Friday, July 21 Saturday, July 22		Run 2 mile fartlek 880-3:00/3:36 plus weight circuit Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf		Run 3 mile fartlek 880-2:35/3:06 plus weight circuit Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf
Monday, July 24		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 3. 440 (1:37) 2. Jog 440 at 60% 4. Jog 440 at 60% etc. plus weight circuit		Run continuous for 3 miles with 440 yd. intervals -- 1. 440 (1:21) 3. 440 (1:21) 2. Jog 440 at 60% 4. Jog 440 at 60% etc. plus weight circuit
Tuesday, July 25		Run continuous for 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 Jog at 60% etc.		Run continuous for 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc.
Wednesday, July 26		Run continuous for 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. plus weight circuit		Run continuous for 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. plus weight circuit
Thursday, July 27		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 Jog at 60% etc.		Run continuous for 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc.
Friday, July 28		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. plus weight circuit		Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. plus weight circuit
Saturday, July 29 and Sunday, July 30		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball, golf
Monday, July 31		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 Jog at 60% etc. plus weight circuit		Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. plus weight circuit

STEP FOUR - DAILY WORKOUT

DATE	RECORD YOUR TIMES	LINEMEN PROGRAM	RECORD YOUR TIMES	BACKS AND ENDS PROGRAM
Tuesday, August 1		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. plus weight circuit		Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. plus weight circuit
Wednesday, August 2		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. plus weight circuit		Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. plus weight circuit
Thursday, August 3		Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. Run continuous 2 miles with 440 yd. intervals -- 1. 440 (1:37) 2. 440 jog at 60% etc. plus weight circuit		Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. Run continuous 3 miles with 440 yd. intervals -- 1. 440 (1:21) 2. Jog 440 at 60% etc. plus weight circuit
Friday, August 4		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf
Saturday, August 5 and Sunday, August 6		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf		Run, bicycle, swim, run in place, jump rope, play paddleball, basketball or golf
Monday, August 7		Sprint maximum 220 yds. then jog 220 at 75%-continue for 2 mile distance plus weight circuit		Sprint maximum 220 yds. then jog 220 at 75% continue for the 3 mile distance plus weight circuit
Tuesday, August 8		Sprint maximum 220 yds. then jog 220 at 75%-continue for the 2 mile distance		Sprint maximum 220 yds. then jog 220 at 75% continue for the 3 mile distance plus weight circuit
Wednesday, August 9		Sprint maximum 220 yds. then jog 220 at 75%-continue for the 2 mile distance plus weight circuit		Sprint maximum 220 yds. then jog 220 at 75% continue for the 3 mile distance plus weight circuit
Thursday, August 10		Sprint maximum 220 yds. then jog 220 at 75%-continue for the 2 miles distance		Sprint maximum 220 yds. then jog 220 at 75% continue for the 3 mile distance plus weight circuit
Friday, August 11		Sprint maximum 220 yds. then jog 220 at 75%-continue for the 2 mile distance plus weight circuit		Sprint maximum 220 yds. then jog 220 at 75% continue for the 3 mile distance plus weight circuit

MARATHON TRAINING - May 29-June 25

We want you to develop a conditioning base by running long slow distance (LSD), at relatively low speeds for distances up to 2 miles for linemen and 3 miles for backs and ends. The recommended times are based on the average times recorded for the 1.5 mile run by the Nebraska linemen and backs during winter conditioning.

Use the recommended times as a guideline. The tempo increases each week so you will improve your conditioning base. You should notice a lowered pulse rate as a result of this training. Your veins and arteries will become more elastic and your heart will be much stronger and more efficient. You will be providing more oxygen to be carried to the muscles with less effort and will in turn reduce the rate of muscle fatigue.

FARTLEK TRAINING - June 26-July 23

Fartlek training is the next step to better conditioning. It is not as confusing as some of you might think. You don't run a long distance at the same set pace as you would for marathon training. You need to pay attention and concentrate when doing fartlek training.

Example: You will have established a pace while doing the marathon type of training. Let's say your pace is a 7 minute mile pace for the two or three miles that you were required to run in the marathon type of running. For the fartlek training, the distance stays the same, the difference is that you might run the first 2 laps (880 yards) in a 6 minute mile pace and the next 2 laps in an 8 minute mile pace followed by the next 2 laps in a 6 minute mile pace and continue this method until you complete the required distance of 2 or 3 miles. The slower pace is used for recovery and the faster pace lays the foundation for the fast tempo in interval training which is the next step.

INTERVAL TRAINING - July 24-August 13

Our interval training program covers the same required distance (2 miles for linemen and 3 miles for the backs and ends). The intervals are 440 yards for the first two weeks and 220 yard intervals for the final week. After running your first 440 in a 1:37 or 1:21, go down to about 60% of that for the next 440 then run your third 440 in 1:37 or 1:21 again. Continue this method until you have completed the 2 or 3 required miles. Your rest interval should be a jog at 60% however you may have to walk some of your rest intervals until you can adjust to the intensity of this type of training. If you find that you must walk between the 440 runs, you might check your pulse before each run. Your pulse has to be in the area of 120 beats per minute or the capillaries begin to close down and you'll lose some of the effect of your training.

As your body becomes accustomed to fatigue you will develop the circulatory and respiratory systems and build greater confidence.



STEP 5

Weight Program



ISAIAH HIPPI is the All-time record holder for Nebraska players on the **Leg Sled** with 915 lbs. Isaiah was named Co-lifter of the Year for 1976-77. Isaiah also holds the distinction of being the fastest player on the Nebraska team for 40 yards.



CIRCUIT ONLY

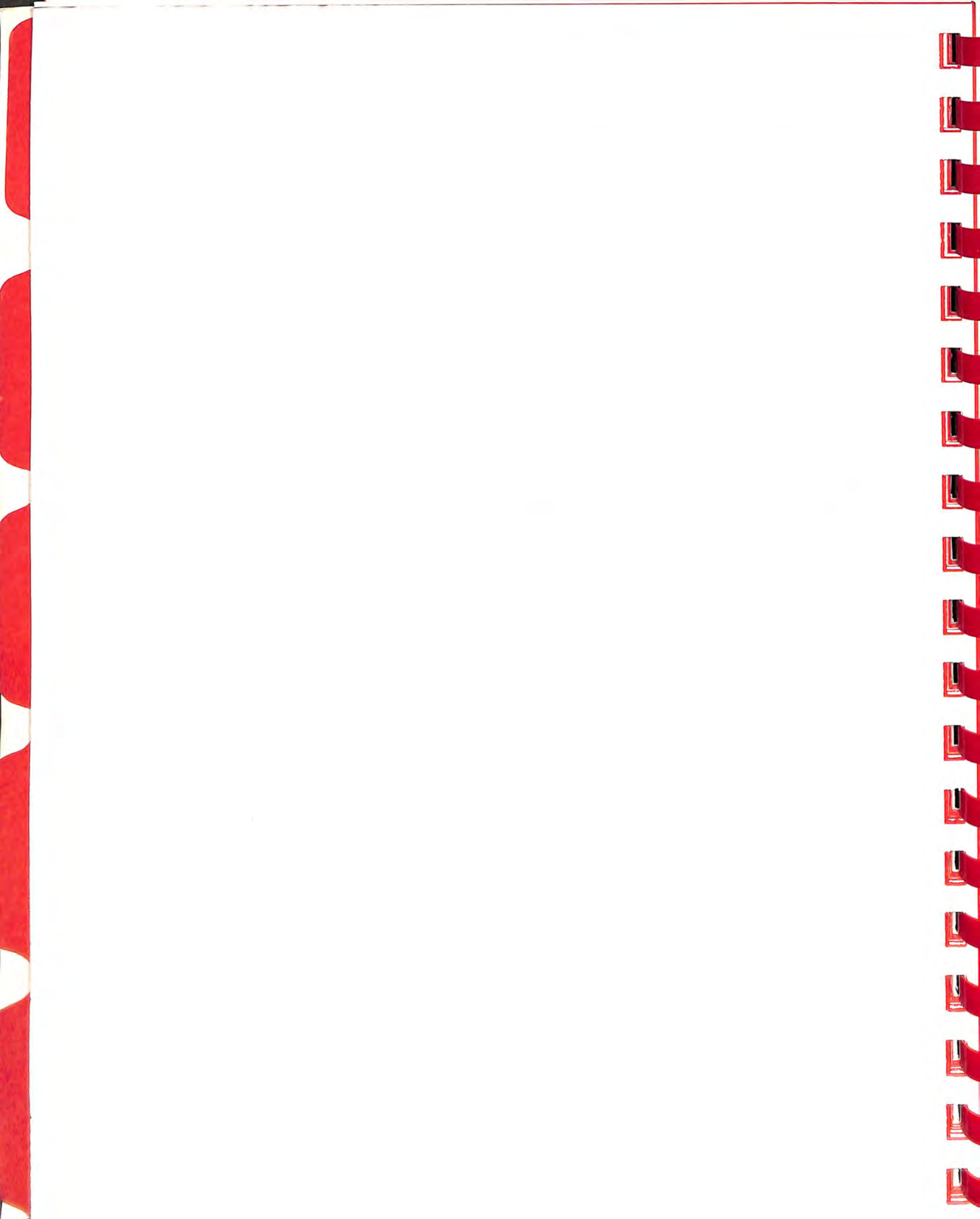
QUARTERBACKS, RECEIVERS, DEFENSIVE BACKS AND OTHERS WHO WANT STRENGTH AND ENDURANCE WITHOUT BULK, SHOULD BE DOING A CIRCUIT THREE TIMES A WEEK (M-W-F) ALL SUMMER. AS YOUR BODY ADJUSTS TO THE DEMANDS OF THE CIRCUIT YOU WILL NEED TO INCREASE THE INTENSITY OF THE CIRCUIT. FOLLOW THE PROGRESSION AS OUTLINED:

May 29 - June 2 - ONE SET (PARTNER SYSTEM)

June 5 - June 16 - TWO SETS (PARTNER SYSTEM)

June 19 - July 7 - THREE SETS (PARTNER SYSTEM)

July 10 - PRE-SEASON TAPER



ONE SET (PARTNER SYSTEM)

Include as many exercises as you feel you need to (10-14) based on the facilities available to you and the muscle groups you plan to develop. Most exercises develop specific muscles or parts of muscles with some overlapping between muscle groups. It would also be wise to include one or two exercises which combine more than one muscle group, such as the Power Snatch or Power Clean. The jump rope is also an excellent overall exercise.

Arrange the exercises in order to attain maximum efficiency based on the structure of your facility. The most common circuit training programs use an unrelated muscle group system in a continuous circuit to minimize fatigue. The exercises that may affect the same muscle groups are not done in succession, but are interspread so premature local fatigue does not occur in one specific muscle group. The unrelated muscle group system allows each muscle group to recover before being forced into action again. In this way, all muscle groups can be exercised while a continuous demand is placed on the circulatory system. This increases the capacity to perform in any type of extended activity.

To arrive at the weight you should be using on this circuit training program, please keep in mind that the amount of weight you are using is not the important factor. The important aspect is to use a weight that you can do for the allotted time period and have the number of repetitions fall within the given range. Attempt to do 10-12 repetitions during a twenty second exercise period. Your muscles do not know how to count; therefore, do not stop if you get the required repetitions, continue until your muscle can no longer contract. If you can only press the weight five or six times, the weight is too heavy for this particular program and should be changed at once. The weight should be progressively increased each time it is possible to get the required number of repetitions in the twenty second exercise period.

Put the exercises you have selected on the blank chart which is provided (25-26). See page 42 for help. Find yourself a work-out partner or allow time for an imaginary partner at each station so you will be assured of sufficient recovery time between exercise periods.

Each partner should have a progress chart and a pencil to record the poundage used and the number of repetitions. The resting partner can record the progress for the partner who is exercising, change the weight if necessary, and spot for safety purposes. If no clock is available, partner A does 12 repetitions, then partner B does 12 repetitions. Then both move directly to station two. Continue to alternate at each station until all stations have been completed. If a clock is available, allow 20 seconds of exercise for each station and 10 seconds of rest. EXAMPLE: Partner A exercises 20 seconds, rests 10 seconds and partner B exercises 20 seconds. During the next 10 second rest period, both partners move to station #2 and repeat.

TWO SETS (PARTNER SYSTEM)

Partner A should attempt to do 12 repetitions on his first set count to ten and immediately do 10 repetitions of the same exercise. Partner B then does his two sets and both athletes move to station #2. If a clock is available, the program should take each partner one minute at each station to complete the two sets.

Example: Partner A exercises 20 seconds rests 10 seconds, exercises 20 seconds and a 10 second rest for Partner B to get the weight changed etc. Partner B then exercises two sets 20/10/20 (exercise periods are underlined) and during the next 10 second period both athletes move quickly to station #2 and repeat until all stations have been completed.

If this program is too demanding at first and you cannot complete all the stations, just rest until you can continue. In the next few work-outs your body will adjust to the intensity of the program and soon you'll be able to finish all the stations as scheduled.

You should plan to reduce the poundage for the second set at most stations. The ability of the muscles to contract repeatedly depends upon the utilization of oxygen by the muscle fibers. When exercising with such a limited rest interval the supply of oxygen is inadequate to remove all the metabolites. As a result, the muscle becomes fatigued and it's ability to contract is impaired. By forcing the muscle to do the second set for 10 repetitions after only 10 seconds of rest you improve the ability of the muscle tissue to release energy for a prolonged period of time, resulting in an increase of oxygen to the muscles and a faster removal of waste products. The result is improved local muscular endurance.

THREE SETS (PARTNER SYSTEM)

Three sets of exercise at each station is the ideal off-season circuit training program for athletes. Do not attempt to start out on this program, it is very demanding. You will require two or three weeks of "two sets" before advancing to this program.

During the first exercise period the partner A should attempt to do 10-12 repetitions. After the brief rest he should attempt 8-10 repetitions and for the third set he should attempt to do 6-8 repetitions. Partner B then does his three sets and both partners move to the next station.

You will find the three sets very demanding at first but after 3 or 4 work-outs your bodies will adjust to the rest interval (rest while the partner is exercising). As you adjust to the rest interval, you will be able to use heavier poundages which means increased strength. You can improve your strength considerably on this program because of the heavy weight used on the first set.

As the muscle starts to fatigue, you force local muscular endurance into each specific muscle by doing the second and third set.

The three-set partner system should be continued until five weeks before the date our fall camp starts; when a tapering system is started to bring you to your peak conditioning level.

If a clock is available, the three sets should take 80 seconds per partner for each station. EXAMPLE: Athlete A exercises 20/10/15/10/15/10 at station #1. Partner B then exercises his three sets and they both move to station #2.

NOTE: You can also do some heavy lifting in addition to your circuit for those muscle groups you feel need it.

PRE - SEASON TAPER - JULY 10

July 10 you should begin to refine your strength into a more useable athletic strength. To advance closer to your peak conditioning level, your rest interval must be reduced progressively.

Some of you will have been lifting heavy up to this point and will face quite an adjustment going from 3-4 sets per exercise with two minutes rest between sets, to the three-set circuit program which allows only 10 seconds of rest between sets (20/10/15/10/15). See the three-set partner system for more information. (An adjustment in exercises will be necessary also.)

For those athletes who have been doing the circuit program all along, the only adjustment will be from 80 seconds of rest between stations to 50 seconds of rest between stations. The exercises should be the same except you must eliminate the partner system to allow for the progressive reduction in the rest interval. Your partner can follow one station behind you as you move around the circuit.

*** The week of July 10-14 you should do three sets at each station with 50 seconds of rest between stations. You will not be able to use the heavy poundages you were accustomed to. This program will keep your strength up due to the heavy weight used on the first set at each station; however, as the muscle starts to fatigue, you force local muscular endurance into each specific muscle.

*** The week of July 17-21 you should do three sets at each station with 40 seconds of rest between stations. Remember that hard work is the key to top conditioning.

*** The week of July 24-28 you should do three sets at each station with 30 seconds of rest between stations. Remember, to obtain muscle development and to retain flexibility, there must be full extension and contraction with each repetition.

*** The week of July 31-August 4 you should do three sets at each station with 20 seconds of rest between stations. You should still be attempting to do 12/10/8 repetitions in the time period 20/10/15/10/15.

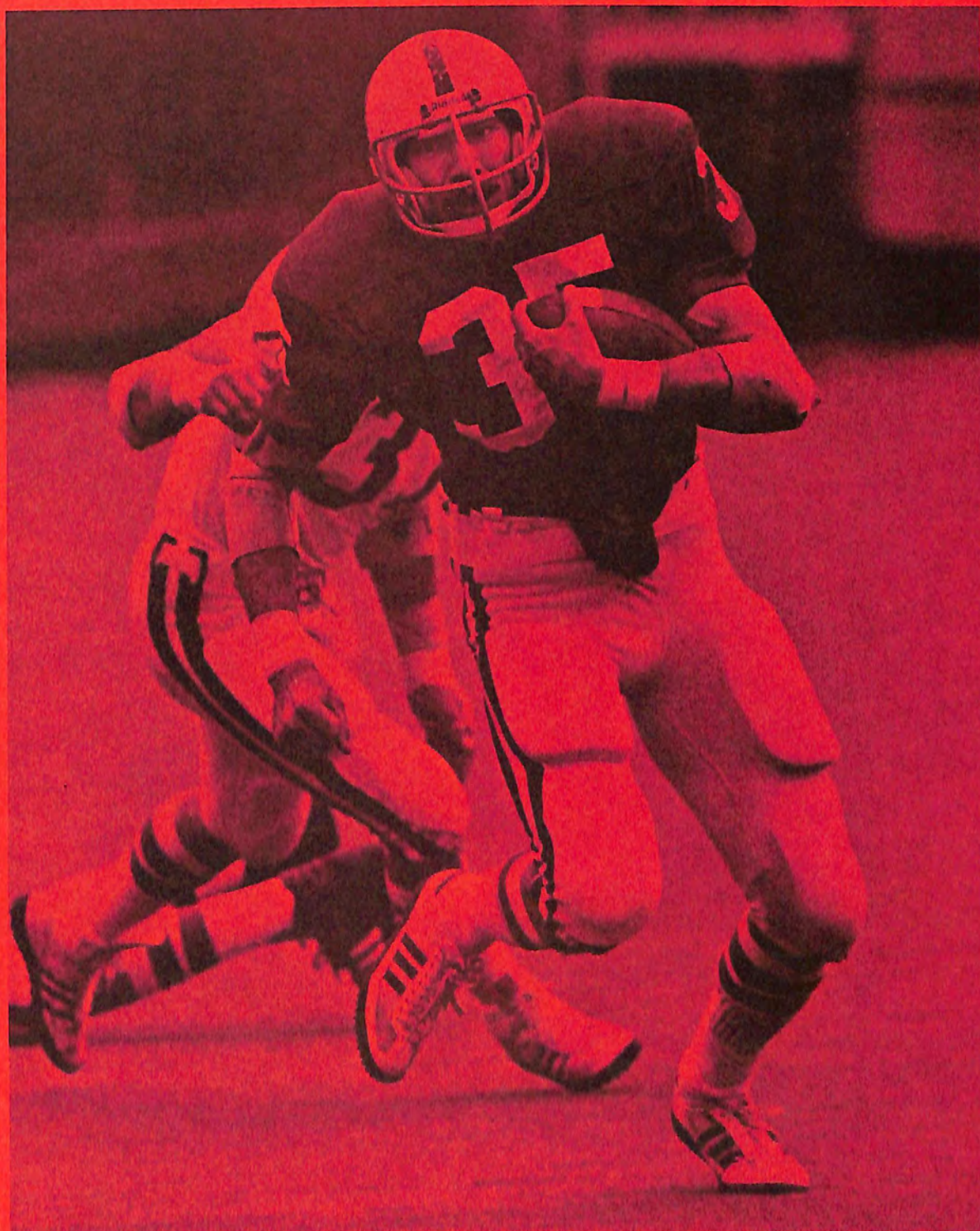
*** The week of August 7-11 you should do three sets at each station with just 10 seconds of rest between stations. Do not attempt to start out on this program. It is extremely demanding and for the advanced conditioning level only.

CIRCUIT ONLY CHART - THESE EXERCISES RELATE TO THE NEBRASKA CIRCUIT TRAINING ROOM

EXERCISES:	Date: Reps:	5/29	5/31	6/2	6/5	6/7	6/9	6/12	6/14	6/16	6/19	6/21	6/23
BENCH PRESS	12 10 8												
INCLINE PRESS	12 10 8												
SIT-UP	12 10 8												
LEG PRESS	12 10 8												
KNEE EXT.	12 10 8												
LEG CURL	12 10 8												
LEAPER	12 10 8												
SH. PRESS	12 10 8												
LAT PULldOWN	12 10 8												
LOW-LAT PULLS	12 10 8												
CURL	12 10 8												
TRICEP EXT.	12 10 8												
LIGHT SNATCH	12 10 8												
JUMP ROPE													



Heavy Lifting Programs



RICHARD BERNs holds the All-time record for Nebraska Football players in the **Jump Reach** with a leap of 36 inches.



HEAVY LIFTING

Many of you will want to lift heavy for the first six weeks of the summer. On July 10, everyone should begin the Pre-season Taper Program as outlined on page 22.

The following heavy programs are designed specifically for the development of muscular size and strength. You may wish to try some circuit training as a change of pace from the demanding heavy programs. Some athletes have combined the two programs doing the heavy program on the first two work-out days such as Mon-Wed, and the circuit program on the third work-out (Friday).

Even though your lifting follows the daily running, you still need to warm-up each muscle before you exercise them. Simply use a lighter weight and do the same exercise.

Your repetitions are clearly outlined on the following progress charts. In all cases, all possible repetitions are performed in each set and the weight is increased at the time of the next work-out if it was possible to perform the designated number of repetitions with the weight selected.

A muscle will acquire new strength or endurance only when it works with greater intensity or when it works longer than normal. The development occurs when the muscle is pushed beyond its normal performance capabilities. The progressive resistance method is known as the "Overload Principle".

The rate of improvement is directly related to the intensity of the work-out. The closer you work to your maximum, the greater and faster your gains will be.

PROCEDURE:

Allow $1\frac{1}{2}$ to 2 minutes rest between sets and work all sets of a particular exercise before moving to the next exercise. Do the exercises in order as they are presented on your progress chart.

It is very important that each exercise is performed properly. The correct position during exercise cannot be over-stressed. All exercises are explained and illustrated on pages



Example programs are presented for use with the following type of facilities.

- A. With a multiple purpose machine.
- B. With barbells and dumbbells only - no machines.
- C. With a combination of barbells and dumbbells and a multi-station machine.
- D. A blank chart is provided for you to develop your own program, see page 42 for more information on how to fill out the chart.

These recommended programs are for football players who want to gain both size and strength. These types of programs would relate well to other athletes like shot putters and discus throwers; however, most athletes are looking for a different type of strength gain from weight training. Basketball players, wrestlers and practically every athlete, men and women both, are looking for increased strength without bulk---For example, a running back who weighs 205 pounds and wants to get stronger and faster without gaining any more than three to five pounds. This athlete knows he will get faster as he gets stronger on the following programs, but he doesn't want the size which normally accompanies the increased strength. For the running back who doesn't want to gain weight or a defensive back, quarterback, receiver, or athletes in other sports, I recommend very strongly that you consult the circuit training section of this booklet. In addition to the type of athlete mentioned above, the player who has already gained the necessary size such as a 260 pound lineman, would greatly benefit from the advanced circuit training program presented in this booklet.

Many players, after developing size and strength, believe they are strong enough to play and then discontinue their work-outs. This is a mistake. STRENGTH IS NOT PERMANENT. It must be maintained year-round. By discontinuing work-outs, the athlete leaves himself vulnerable to injuries since the joints become less stable as the muscles atrophy. Even a short period of inactivity can produce a substantial deterioration in cardiovascular endurance, strength, muscular endurance, flexibility and skill.

If you have physical problems of any kind, please don't hesitate to call one of the following men: George Sullivan, Dennis Sealey, or Jerry Weber at (402) 472-2276.

LINEMEN - Barbell & Dumbbell MWF

EXERCISES:	Date:																	
	Reps:																	
* BENCH PRESS Page 47, Figure 1	10																	
	8																	
	6																	
	4																	
	3																	
INCLINE Page 47, Figure 2	2																	
	4																	
	10																	
	8																	
	6																	
FLYS Page 47, Figure 3	4																	
	10																	
	8																	
	6																	
	4																	
PRESS Page 48, Figure 6	10																	
	8																	
	6																	
	4																	
	10,10,10																	
SH. RAISES Page 49, Figure 8	10,10,10																	
	10,10,10																	
	10,10,10																	
	10																	
	8																	
CURLS Page 50, Figure 10	6																	
	4																	
	10																	
	8																	
	6																	
ALT. DB CURL Page 50, Figure 12	4																	
	10																	
	8																	
	6																	
	4																	
FRENCH PRESS Page 51, Figure 15	10																	
	8																	
	6																	
	4																	
	10																	
DB EXTENSIONS Page 52, Figure 17	8																	
	6																	
	10																	
	8																	
	6																	
REVERSE CURLS Page 60, Figure 49	10																	
	8																	
	6																	
	10																	
	8																	
PULL-UPS Page 52, Figure 22	6																	
	Reps																	
	Reps																	
	Reps																	
	Reps																	

EXERCISES:		Date:
* SNATCH or CLEAN Page 52, Figure 19 & 20	Reps:	10
		4
		2
		1
		1
		1
* SQUAT Page 55, Figure 29		6
		10
		8
		6
		4
		3
* HEEL RAISE Page 56, Figure 34		2
		15, 15, 15
		15, 15, 15
		15, 15, 15
* KNEE-UPS Page 58, Figure 41		Reps
		Reps
		Reps
* NECK Page 58, Figure 40		15, 15, 15, 15
		15, 15, 15, 15
* JUMP ROPE Page 62, Figure 53		Reps
		Reps
		Reps

LINEMEN - Universal Gym MWF

Exercises	Date:	Reps:
* BENCH PRESS Page 47, Figure 1	10	8
	6	4
	3	2
	4	4
FLYS Page 47 Figure 3	10	8
	6	6
	4	4
* PRESS Page 48, Figure 6	10	8
	6	6
	4	4
* SH. RAISES Page 49, Figure 8	10,10,10	10,10,10
	10,10,10	10,10,10
	10,10,10	10,10,10
* CURLS Page 50, Figure 13	10	8
	6	6
	4	4
SUPINE CURL Page 51, Figure 11	10	8
	6	6
TRICEP EXT. Page 51, Figure 16	10	8
	6	6
	4	4
SUPINE EXT. Page 52, Figure 17	10	8
	6	6
	4	4
* LAT PULLDOWN Page 53, Figure 21	10	8
	6	6
	4	4
LOW-LAT PULLS Page 53, Figure 23	10	8
	6	6
	4	4
* UPRIGHT ROW Page 54, Figure 24	10	8
	6	6
	4	4

LINEMEN - Universal & Barbells Combined MWF

EXERCISES:	Date:												
	Reps:												
* BENCH PRESS Page 47, Figure 1	10												
	8												
	6												
	4												
	3												
INCLINE Page 47, Figure 2	2												
	4												
	10												
	8												
	6												
FLYS Page 47, Figure 3	4												
	10												
	8												
	6												
	4												
PRESS Page 48, Figure 6	10												
	8												
	6												
	4												
	10,10,10												
SH. RAISES Page 49, Figure 8	10,10,10												
	10,10,10												
	10,10,10												
	10												
	8												
CURLS Page 50, Figure 10	6												
	4												
	10												
	8												
	6												
SUPINE CURL Page 50, Figure 11	4												
	10												
	8												
	6												
	4												
FRENCH PRESS Page 51, Figure 15	10												
	8												
	6												
	4												
	10												
TRICEP EXT. Page 51, Figure 16	8												
	6												
	4												
	10												
	8												
REVERSE CURLS Page 60, Figure 49	6												
	4												
	10												
	8												
	6												
LAT PULLDOWN Page 53, Figure 21	10												
	8												
	6												
	4												
	10												

EXERCISES:		Date:																
		Reps:																
LOW-LAT PULLS		10																
Page 53, Figure 23		8																
		6																
SNATCH		10																
or		4																
CLEAN		2																
Page 52, Figure 19 & 20		1																
		1																
		1																
		6																
SQUAT		10																
Page 55, Figure 29		8																
		6																
		4																
		3																
		2																
		4																
LEG PRESS		10																
Page 55, Figure 30		8																
		6																
		4																
LEG EXT.		15																
Page 56, Figure 32		12																
		10																
LEG CURL		15																
Page 56, Figure 33		12																
		10																
HEEL RAISE		15,15,15																
Page 56, Figure 34		15,15,15																
NECK		15,15,15,15																
Page 58, Figure 40		15,15,15,15																
KNEE-UPS		Reps																
Page 58, Figure 41		Reps																
		Reps																
JUMP ROPE		Reps																
Page 62, Figure 53		Reps																

BACKS & ENDS- Barbells & Dumbbells MWF

EXERCISES:	Date:	Reps:
BENCH PRESS Page 47, Figure 1	10	8
	6	4
	4	4
FLYS Page 47, Figure 3	10	8
	6	6
PRESS Page 48, Figure 6	10	8
	6	6
SH. RAISES Page 49, Figure 8	10,10,10	10,10,10
	10,10,10	10,10,10
	10,10,10	10,10,10
CURLS Page 50, Figure 10	10	8
	6	6
ALT. DB CURL Page 50, Figure 12	10	8
	6	6
FRENCH PRESS Page 51, Figure 15	10	8
	6	6
DB EXTENSIONS Page 52, Figure 17	10	8
	6	6
REVERSE CURLS Page 60, Figure 49	10	8
	6	6
PULL-UPS Page 53, Figure 22	Reps	Reps
	Reps	Reps
SNATCH Page 52, Figure 19	10	4
	2	1
	1	1
	1	1
	6	6
UPRIGHT ROW Page 54, Figure 24	10	8
	6	6

BACKS & ENDS • Universal Gym MWF

EXERCISES:	Date:	Reps:
BENCH PRESS Page 47, Figure 1	10	8
	6	4
	4	4
PRESS Page 48, Figure 6	10	8
	6	
SH. RAISES Page 49, Figure 8	10,10,10	10,10,10
	10,10,10	10,10,10
CURLS Page 51, Figure 13	10	8
	6	
SUPINE CURL Page 50, Figure 11	10	8
	6	
TRICEP EXT. Page 51, Figure 16	10	8
	6	
SUPINE EXT. Page 52, Figure 17	10	8
	6	
REVERSE CURLS Page 60, Figure 49	10	8
	6	
LAT PULLDOWN Page 53, Figure 21	10	8
	6	
UPRIGHT ROW Page 54, Figure 24	10	8
	6	4
LEG PRESS Page 55, Figure 30	10	8
	6	4
	3	4
LEG EXT. Page 56, Figure 32	15	12
	10	

Date: _____
Reps: _____

Page 56, Figure 33

Page 56, Figure 34

Page 58, Figure 40

Page 58 Figure 42

Page 62, Figure 53

Date: _____
Reps: _____

12

15,15,15

15, 15, 15

15, 15, 15, 15

Reps

Reps

Reps

Keys

BACKS & ENDS - Universal Gym MWF

EXERCISES:	Date:	Reps:
* BENCH PRESS Page 47, Figure 1	10	8
	6	4
	4	4
PRESS Page 48, Figure 6	10	8
	6	
SH. RAISES Page 49, Figure 8	10,10,10	10,10,10
	10,10,10	10,10,10
CURLS Page 51, Figure 13	10	8
	6	
SUPINE CURL Page 50, Figure 11	10	8
	6	
TRICEP EXT. Page 51, Figure 16	10	8
	6	
SUPINE EXT. Page 52, Figure 17	10	8
	6	
REVERSE CURLS Page 60, Figure 49	10	8
	6	
LAT PULLDOWN Page 53, Figure 21	10	8
	6	
UPRIGHT ROW Page 54, Figure 24	10	8
	6	
	4	
LEG PRESS Page 55, Figure 30	10	8
	6	
	4	
	3	
	4	
LEG EXT. Page 56, Figure 32	15	12
	10	

BACKS & ENDS - Universal & Barbells Combined MWF

EXERCISES:	Date:																		
	Reps:																		
* BENCH PRESS Page 47, Figure 1	10																		
	8																		
	6																		
	4																		
	4																		
FLYS Page 47, Figure 3	10																		
	8																		
	6																		
SH. RAISES Page 49, Figure 8	10,10,10																		
	10,10,10																		
	10,10,10																		
CURLS Page 50, Figure 10	10																		
	8																		
	6																		
SUPINE CURL Page 50, Figure 11	10																		
	8																		
	6																		
FRENCH PRESS Page 51, Figure 15	10																		
	8																		
	6																		
TRICEP EXT. Page 51, Figure 16	10																		
	8																		
	6																		
REVERSE CURLS Page 60, Figure 49	10																		
	8																		
	6																		
LAT PULLDOWN Page 53, Figure 21	10																		
	8																		
	6																		
SNATCH Page 52, Figure 19	10																		
	4																		
	2																		
	1																		
	1																		
	1																		
LEG PRESS Page 55, Figure 30	6																		
	10																		
	8																		
	6																		
	4																		
	3																		
	4																		

**** Walk on your heels as far as you can to develop the muscle that flexes your foot.**

41

Date: _____
Reps: _____

Date: _____
Reps: _____

Date: _____

Rep:

[illegible]

Date: _____
Reps: _____

EXERCISES:

SUGGESTED WEIGHTLIFTING EXERCISES

CHEST:

- Bench Press - figure 1, page 47
- Incline Press - figure 2, page 47
- Lying Lateral Raise or Flys - figure 3, page 47
- Pullover - figure 4, page 48
- Close Grip Bench Press - figure 5, page 48

SHOULDERS:

- Shoulder Press or Military Press - figure 6, page 48
- Behind the Neck Press - figure 7, page 49
- Front, Lateral and Bent-over Raises - figure 8, page 49
- Alternating Dumbbell Press - figure 9, page 50

ARMS:

- Strict Barbell Curl - figure 10, page 50
- Supine Cable Curl - figure 11, page 50
- Alternating Dumbbell Curl - figure 12, page 50
- Low Pulley Curl or Preacher Curl - figure 13, page 51
- Concentration Curl - figure 14, page 51
- French Press - figure 15, page 51
- Dorsi Tricep Extension - figure 16, page 51
- Supine Cable Extension - figure 17, page 52
- Parallel Bar Dips - figure 18, page 52

BACK:

- Power Snatch - figure 19, page 52
- Power Clean - figure 20, page 53
- Lat Pulldown - figure 21, page 53
- Pull-ups - figure 22, page 53
- Low Lat Pulls - figure 23, page 53
- Upright Row - figure 24, page 54
- Shoulder Shrug - figure 25, page 54
- Bent-over Rowing - figure 26, page 54
- Hyper-extension - figure 27, page 54
- Deadlift - figure 28, page 55

LEGS:

Squat - figure 29, page 55
Leg Press - figure 30, page 55
Leg Sled - figure 31, page 55
Knee Extension - figure 32, page 56
Leg Curl - figure 33, page 56
Heel or Toe Raise - figure 34, page 56
Front Squat - figure 35, page 56
Sprinters Kick - figure 36, page 57
Straight Leg Raise - figure 37, page 57
Real Runner or Leaper - figure 38, page 57
Adductor and Abductor - figure 39, page 57

NECK:

Neck Pulley - figure 40, page 58
Head Strap - figure 40, page 58

WAIST:

Knee-up, Jack-knife or Knees-up on Hip Flexor - figure 41, page 58
Sit-up with weight behind the head - figure 42, page 58
Crunch - figure 43, page 59
Side Bend - figure 44, page 59

FOREARMS:

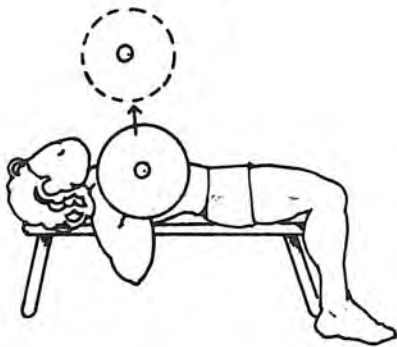
Wrist Roller and Reverse Wrist Roller - figure 45, page 59
Lateral Wrist Curl - figure 46, page 60
Supination and Pronation - figure 47, page 60
Gripper - figure 48, page 60
Reverse Cable Curl - figure 49, page 60
Barbell Wrist Curl - figure 50, page 60

ADDITIONAL:

Buttocks and Hip Series - figure 51, page 61
Stair Steps - figure 52, page 61
Jump Rope - figure 53, page 62

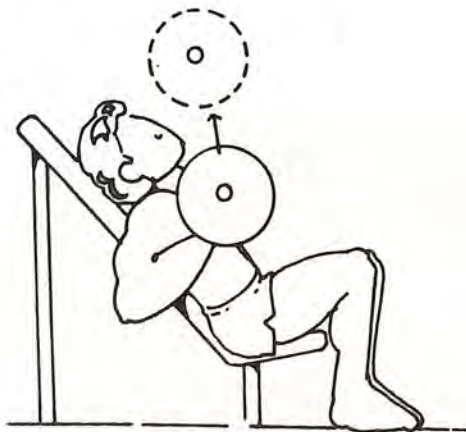
SEE THE HERCULES MUSCLE CHART ON PAGES 63-64

Fig. 1. BENCH PRESS



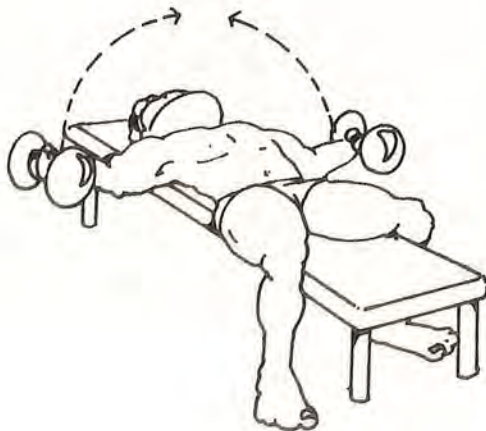
- A. Hold the weight with the overhand grip slightly wider than shoulder width with the bar directly above the chest at arms length. Lower the bar to the chest keeping the buttocks in contact with the bench, feet flat and push the bar up to arms length. Lower and repeat.
- B. Value - Overall development of the chest.
- C. Equipment - Bench and barbell or Universal Gym bench press station.

Fig. 2. INCLINE PRESS



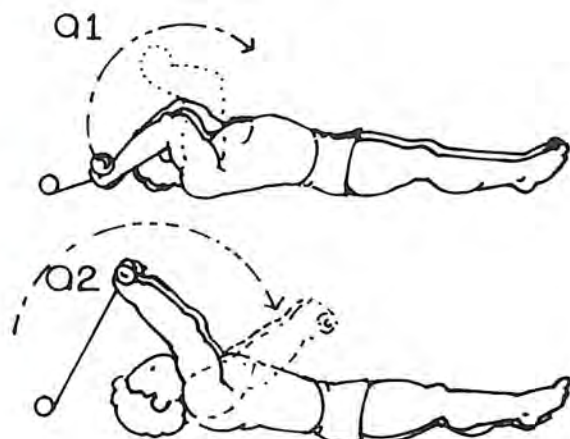
- A. Hold the weight with the overhand grip slightly wider than shoulder width with the bar directly above the chest at arms length. Lower the bar to the top of the chest, near the neck and push the bar out to arms length. Lower and repeat.
- B. Value - Development of the upper fibers of the chest.
- C. Equipment - Incline board or bench and a barbell. The shoulder press station on the Universal Gym would work with a 45° angle bench placed under it at the right height.

Fig. 3. LYING LATERAL RAISE (FLYS)



- A. Start with dumbbells directly above the chest with elbows slightly bent. Lower arms to a parallel position, keeping the elbows slightly bent, raise the dumbbells to the up position. Lower and repeat.
- B. Value - Development of the outer fibers of the chest.
- C. Equipment - Flat work bench and dumbbells, or one arm at a time on the Universal low pulley station. The dumbbells work much better than the pulley station.

Fig. 4. PULL-OVER



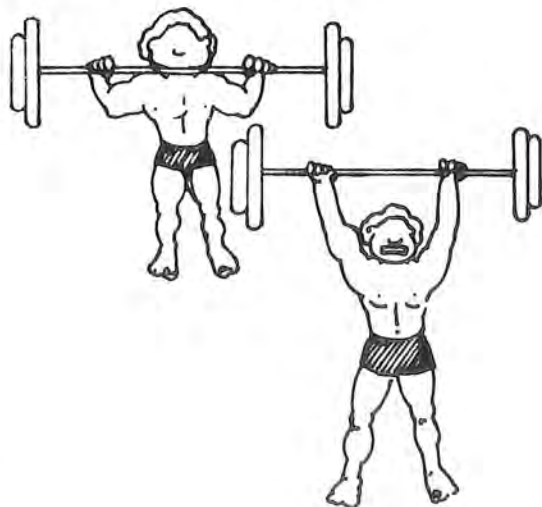
- A₁. Start with bar on the floor with an overhand grip 12"-18" apart. Position the head so the neck is resting on the edge of the bench and the head is hanging over, looking back at the weight. Pull the bar to the chest keeping the bar as close to the body as possible.
- A₂. Lay flat on floor with arms extended. Pull barbell or low pulley handle to the chest, keeping the arms straight.
- B. Value - Development of the serratus muscle.
- C. Equipment - Flat work bench and barbell or Universal Gym low pulley.

Fig. 5. CLOSE-GRIPS BENCH PRESS



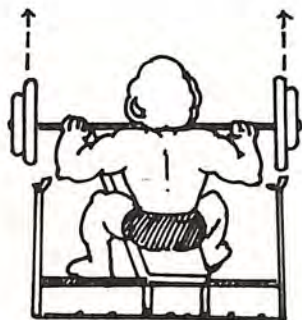
- A. Hold the weight with overhand grip 10"-12" apart with the bar directly over the chest at arms length. Lower the bar to the chest. Keep the buttocks in contact with the bench, feet flat and push the bar up to arms length.
- B. Value - Development of the inner fibers of the chest.
- C. Equipment - Bench and barbell or the Universal Gym bench press station with the closest grip possible.

Fig. 6. OVERHEAD PRESS



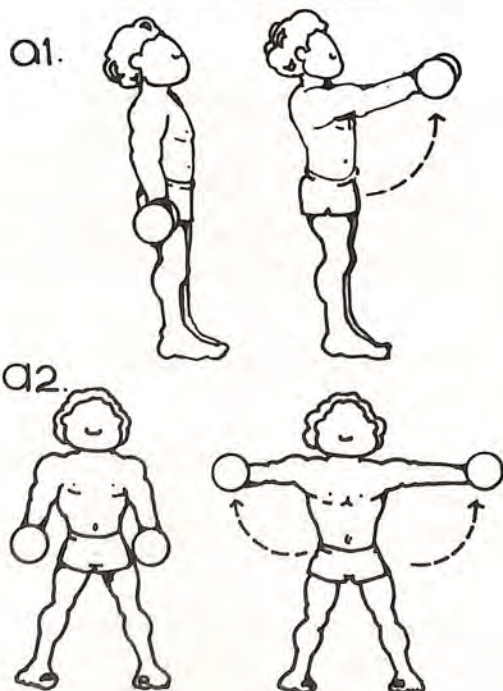
- A. Use the overhand grip slightly wider than shoulder width. Clean the bar and push the bar overhead, moving the bar in a straight line. Lower the bar until it touches the chest and press overhead again. Lower and repeat. Do not bounce the bar or lean excessively with the back. Keep feet flat on ground, do not raise heels.
- B. Value - Development of the anterior deltoid.
- C. Equipment - Barbell or Universal overhead press station.

Fig. 7. BEHIND THE NECK PRESS

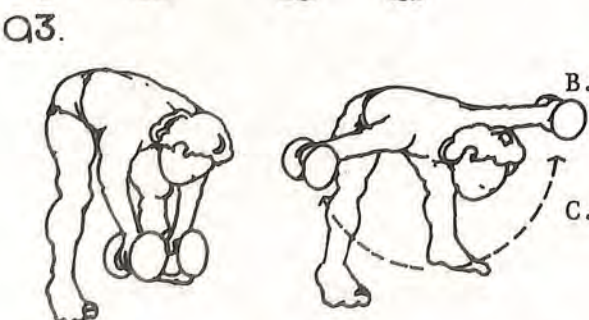


- A. Start with the weight resting on the back of the neck with an overhand grip, wider than shoulder width. Press the bar overhead. Lower the bar to the base of the neck behind the head and repeat.
- B. Value - Development of the medial and anterior deltoid.
- C. Equipment - Barbell and work bench or Universal Gym shoulder press station.

Fig. 8. FRONT, LATERAL & BEND-OVER RAISES



- A₁. Stand with a dumbbell at thigh level with palms facing back. Raise dumbbells to shoulder level keeping the arms straight. Bring dumbbells together at the shoulder level position. Lower and repeat.
- A₂. Stand with a dumbbell at each side, the palms facing in. Raise the dumbbells directly sideways to shoulder level position keeping arms straight throughout. Lower and repeat.
- A₃. Lean forward at the hips with back flat, allowing the arms to hang straight down from the shoulders with a dumbbell in each hand. Keeping the arms straight, raise the dumbbell in an arc until the arms are straight out from the body. Lower and repeat. Do all three exercises without setting down the dumbbells.



- B. Value - Development of the anterior, medial and posterior deltoid respectively.
- C. Equipment - Dumbbells or small plates, or pulley system as illustrated below. The dumbbells work much better though.



Fig. 9. ALTERNATING DUMBBELL PRESS



- A. Stand with dumbbells at shoulder level with an overhand grip. The dumbbell should start at the corner of the shoulder and travel overhead to a point where the dumbbells would touch if they were pressed overhead both at the same time.

Lower one dumbbell as the other one is pressed. Continue alternating.

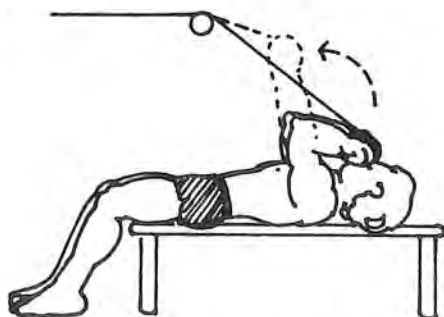
- B. Value - Development of the anterior deltoid.
- C. Equipment - Pair of dumbbells.

Fig. 10. STRICT BARBELL CURL



- A. Start using an underhand grip with the bar at thigh rest position. Keep the elbows close to the sides of the body as the bar is curled upward to the chest. Do not raise heels, bend knees or arch the back. Lower and repeat.
- B. Value - Development of the bicep. Good for size.
- C. Equipment - E-Z curl bar, standard bar or Universal Gym low pulley station.

Fig. 11. SUPINE CABLE CURL (High Pulley)



- A. Use the underhand grip with hands 6"-8" apart. Lie flat on work bench. Keep elbows stationary as you curl the bar to your neck. Do not allow your elbows to drop down near your body.
- B. Value - Development of the bicep. Good supplement to heavier curls.
- C. Equipment - one high pulley unit and work bench.

Fig. 12. ALTERNATING DUMBBELL CURL



- A. Stand or sit, use underhand grip. Curl one dumbbell then lower it as you curl the other. Continue alternating. Keep elbows close to the body.
- B. Value - Development of the bicep. Good supplement to barbell curl.
- C. Equipment - Pair of dumbbells.

Fig. 13. PREACHER CURL OR
(Low Pulley Curl)

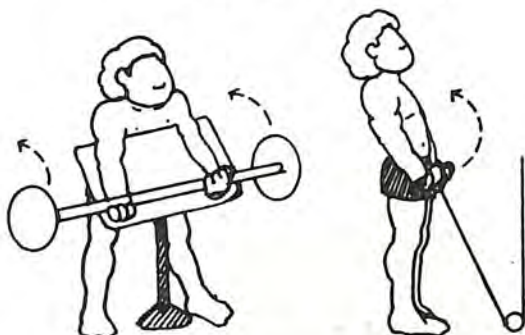


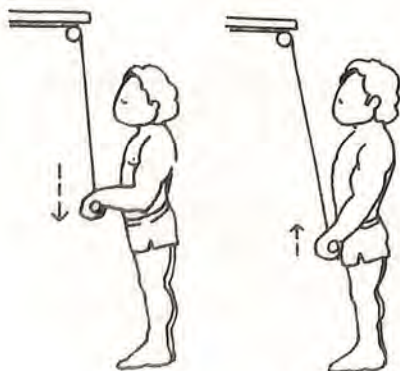
Fig. 14. CONCENTRATION CURL



Fig. 15. FRENCH PRESS



Fig. 16. DORSI TRICEP EXTENSION



- A. Use the underhand grip and keep the back of the arm flat against the preacher board as the bar is curled up to the chest. Lower and repeat.
- B. Value - Development of the bicep. Important for symmetrical balance.
- C. Equipment - Preacher board (45° angle) and standard bar or the Universal Gym low pulley station is excellent, (see appendix C).

- A. Isolate the arm either by keeping it flat against the preacher board or against your leg, curling a dumbbell toward the chest using the underhand grip. Switch hands and repeat.
- B. Value - Development of the bicep. Adds definition to the bicep.
- C. Equipment - Dumbbell and preacher board or incline board if possible.

- A. Hold the bar with the overhand grip directly overhead, keeping the elbows stationary. Lower the bar slowly without bouncing it as it reaches the lower neck area. Extend the bar back to the overhead position by keeping the heels flat and elbows stationary.
- B. Value - Development of the tricep.
- C. Equipment - Standard bar or this exercise can be done quite effectively on a Universal Gym low pulley machine.

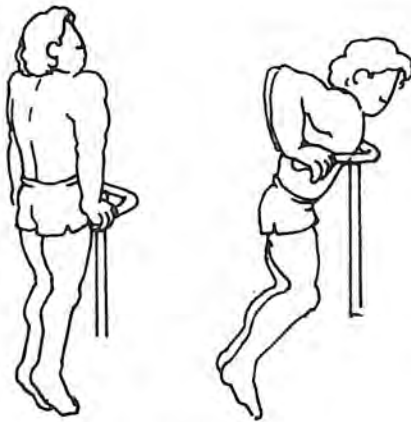
- A. Hold bar with the overhand grip with 6" to 8" between hands. Move the bar down to full extension of the arms and slowly let the bar back up until the forearms are parallel to the floor, then extend the bar downward keeping the elbows near your side. Let the bar back up to parallel and repeat.
- B. Value - Excellent development for the tricep.
- C. Equipment - Universal Gym high pulley station.

Fig. 17. SUPINE CABLE EXTENSION
(Low Pulley)



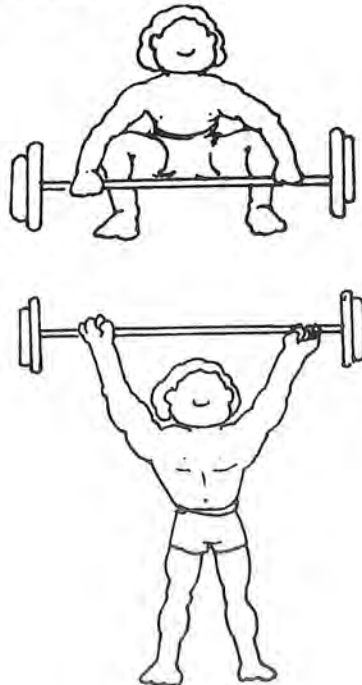
- A. Hold bar with the overhand grip with 6" to 8" between hands. Lie flat with elbows stationary directly overhead. Keep elbows stationary as you move the bar or dumbbell to full extension directly overhead.
- B. Value - Development of the tricep. Good supplement to the Dorsi Tricep extension.
- C. Equipment - Universal Gym low pulley unit, dumbbells and work bench, or barbell and work bench.

Fig. 18. PARALLEL BAR DIPS



- A. Assume a position at the end of the parallel bars with the arms extended at the sides and locked at the elbows. Bend arms lowering body until upper arm is parallel to the bars then extend the arms to resume original position.
- B. Value - Development of the triceps and lower outside corner of the pectoralis major.
- C. Equipment - Parallel bars or a dipping station.

Fig. 19. POWER SNATCH



- A. Hold the bar with a very wide overhand grip. Keep the back flat and head up as you pull the bar directly upward in a straight line to the overhead position. The bar stays close to the body as it travels from the ground to the overhead position in one movement.
- B. Value - Development of the lower back erector and upper back flexors as well as shoulder and arm strength. A very explosive exercise, excellent for any athlete.
- C. Equipment - Barbell

Fig. 20. POWER CLEAN

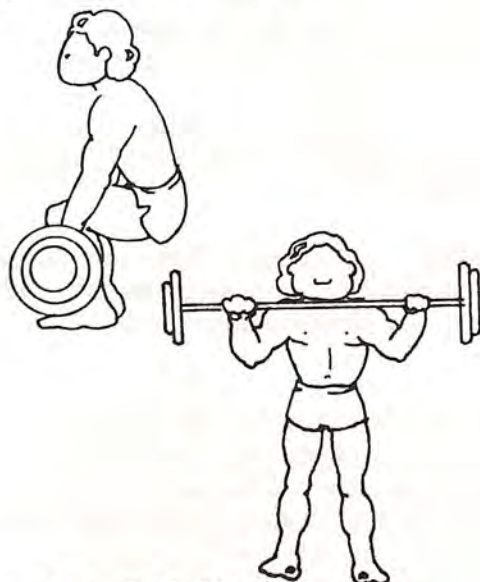


Fig. 21. LAT PULLDOWNS
(High Pulley)

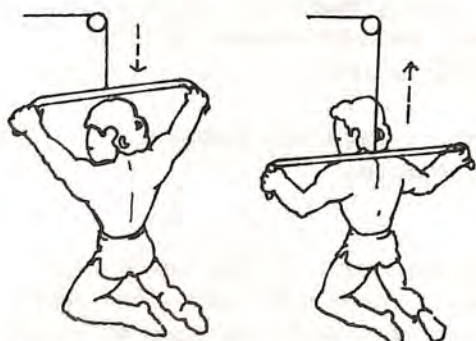


Fig. 22. PULL-UPS

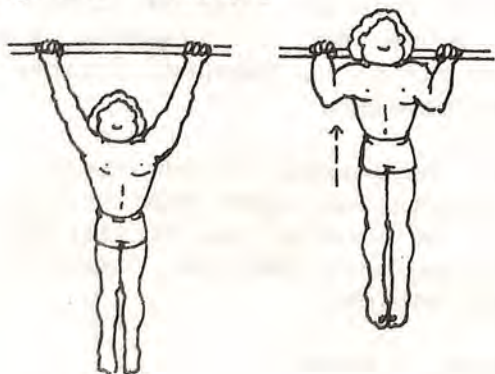
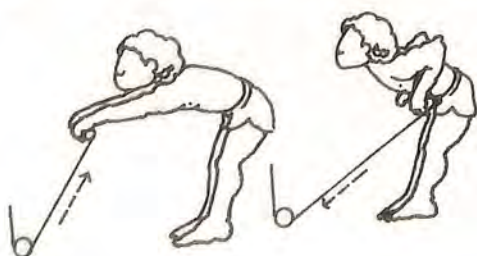


Fig. 23. LAT PULLS (Low Pulley)



- A. Using the overhand grip slightly wider than shoulder width, pull the bar to shoulder level keeping the bar in close to the body. As the bar approaches the shoulder level, the wrists must be turned and the elbows thrust forward to support the bar.
- B. Value - Development of several muscle groups, especially the lower back erectors and upper back flexors. This is an excellent explosive type exercise to develop general over-all power.
- C. Equipment - Barbell

- A. Hold the bar with the overhand grip with the hand on each end of the bar. Kneel down and pull the bar behind the neck until it touches. Let the bar up to arms length and repeat.
- B. Value - Development of the Latissimus Dorsi muscle.
- C. Equipment - Universal Gym high pulley station.

- A. Grasp the bar wide with overhand grip. From a full extension pull the body up to a position where the back of the neck is level with the bar. Return to original position and repeat.
- B. Value - Development of the Latissimus Dorsi muscle.
- C. Equipment - Universal Pull-up Station or Pull-up Bar.

- A. Hold the bar with the overhand grip with hands 10" apart. Stand, leaning with knees flexed and arms at full length in front of you. Pull the bar in a direct line to the stomach and let it back to arms length.
- B. Value - Development of the lower fibers of the Latissimus Dorsi muscle.
- C. Equipment - Universal Gym Low Pulley Station.

Fig. 24. UPRIGHT ROW



Fig. 25. SHOULDER SHRUG



Fig. 26. BENT-OVER ROWING

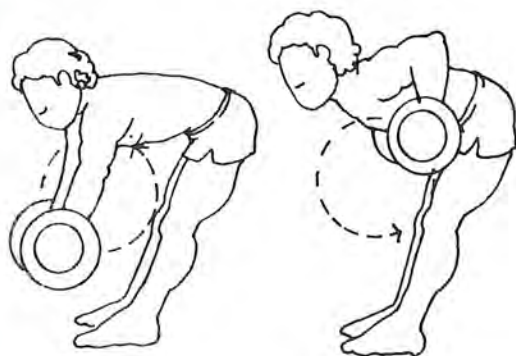
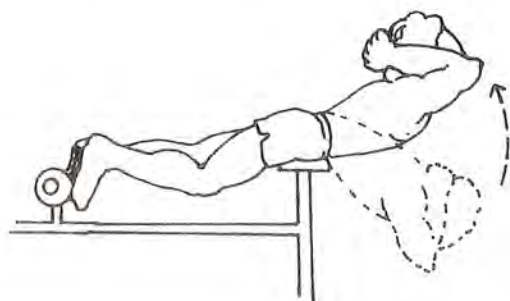


Fig. 27. HYPER-EXTENSION



- A. Stand erect with bar at thigh rest position. Use overhand grip with hands 6"-8" apart. Raise bar to chin level moving directly upward keeping the bar close to the body. Lower and repeat.
- B. Value - Development of the Trapezius Muscle.
- C. Equipment - Universal Gym low pulley station or barbell.

- A. Start with the bar at thigh rest position with an overhand or reverse grip. Keep the arms straight and the bar is elevated by contracting the trapezius. Roll the shoulders from front to back and lower the bar to thigh rest position. Repeat.
- B. Value - Development of the trapezius.
- C. Equipment - Barbell or Universal Gym Bench Press Station.

- A. Lean forward at the hips with back flat, allowing arms to hang straight down from shoulders. Use an overhand grip of 10"-12" and bend the elbows as the bar is brought in a circular motion to the stomach and up to the chest and back to starting position.
- B. Value - Development of the latissimus dorsi muscle.
- C. Equipment - Barbell or Universal Gym low pulley station (see low lat pull. fig. 23).

- A. Position yourself face down and your lower body anchored down so you can pivot at the waist. Place your hands behind the head, bend at the waist as you lower the head and shoulders as far as possible then raise the head and shoulders until the body actually passes the point of being prone and the back is hyper-extended as the body is raised to a point 30° above parallel. As the body is raised the elbows lift out away from the head.
- B. Value - Development of the lower back erectors.
- C. Equipment - U-G Hyper extension station or a table and spotter.

Fig. 28. DEAD LIFT

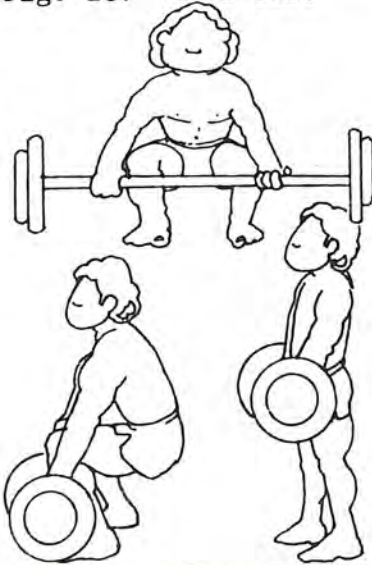


Fig. 29. SQUAT TO BENCH

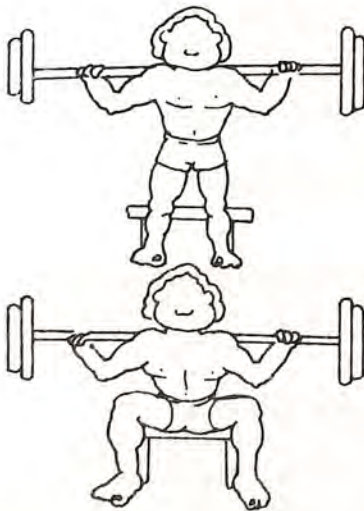


Fig. 30. LEG PRESS

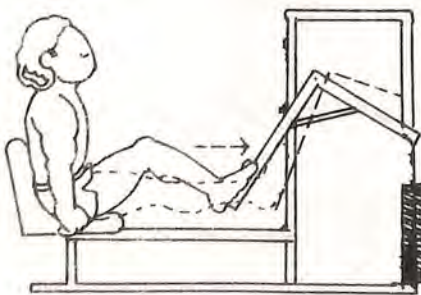
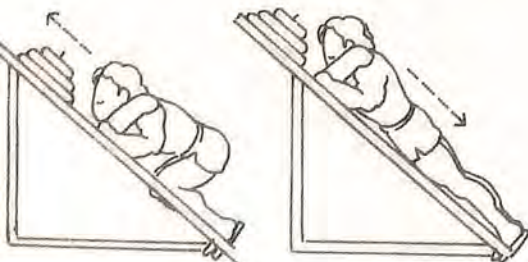
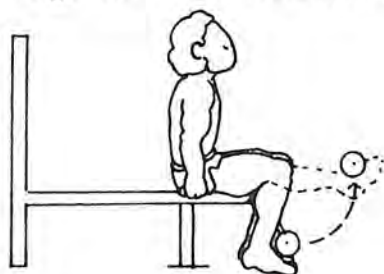


Fig. 31. LEG SLED



- A. Stand close to the bar so the bar is touching the shin. Use a reverse grip about shoulder width apart. Start with the back flat, knees bent and the head up. Extend the legs and keep the back relatively at the same inclination to an erect stance with the shoulders back. The bar stays close to the body as it travels up. As the shoulders near completion of the lift rotate them back to aid in performance of the lift.
 - B. Value - Development of the lower back erectors.
 - C. Equipment - Barbell
-
- A. Stand erect with bar behind the neck on shoulders. Feet shoulder width apart with toes pointing slightly outward. Squat down to bench keeping the head up and back flat. Do not bounce off from the bench, just touch it and drive head up keeping feet flat on the floor and weight equally divided on both legs. Lower and repeat.
 - B. Value - Development of the quadriceps femoris. This is one of the best overall exercises since it develops the lower back, hips, and buttocks.
 - C. Equipment - Squat stands or Squat rack, barbell and bench between 12" and 18" high.
-
- A. Sit in leg press seat, grasping side handles. Place the ball of the foot on foot pedal. Extend the pedal forward, keeping the buttocks in contact with the seat. Lower the weight until it touches, do not drop the weight or bounce it. Extend and repeat.
 - B. Value - Development of the quadricep muscle.
 - C. Equipment - Universal Gym leg press station.
-
- A. Start with feet shoulder width apart with toes pointing slightly outward. Extend the thighs, forcing sled up the 45 degree angle track. Keep the head up and back flat. Lower and repeat.
 - B. Value - Development of the fibers located in the front of the quadricep.
 - C. Equipment - Leg sled can be purchased or easily constructed to hold several hundred pounds.

Fig. 32. LEG EXTENSION



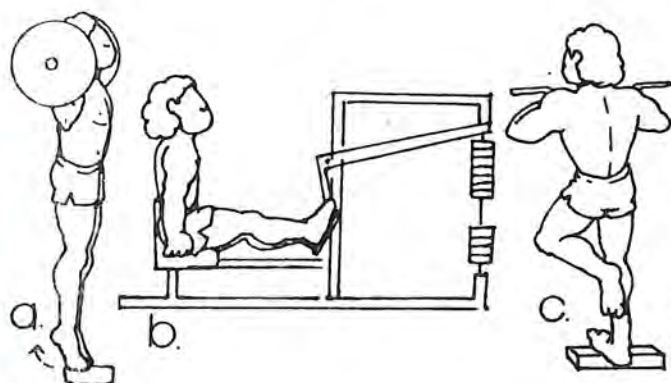
- A. Sit on leg table and extend the knee slowly to full extension. Lower it slowly with resistance, don't kick or bounce.
- B. Value - This will strengthen and stabilize the knee joint.
- C. Equipment - Universal Gym leg extension machine.

Fig. 33. LEG CURL



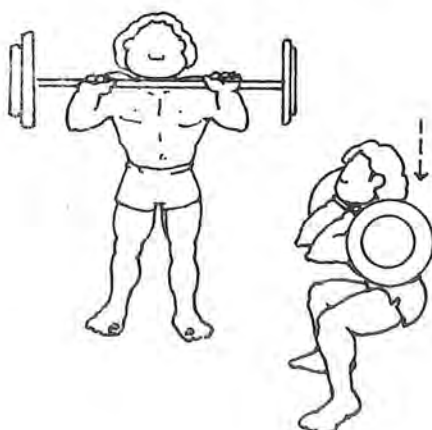
- A. Place padded roller bar near the heel and pull upward to the buttocks. Lower and repeat slowly without any jerking.
- B. Value - Development of the hamstring a must to aid in the prevention of hamstring pulls.
- C. Equipment - Universal Gym leg curl station.

Fig. 34. HEEL RAISE



- A. Place bar behind neck on shoulders. Stand with toes and ball of the feet on a 2' x 4' board. Raise upward to full extension, lower heels to the ground and repeat. Do not bend the knees or jerk the hips.
- B. Value - This exercise should be done in all three positions for development of the gastrocnemius muscle. (Toes straight ahead, toes in and toes out.)
- C. Equipment - Barbell and a 2'x4' board about 10' long. This exercise can be done on the Universal Gym leg press station, lower pedal or shoulder press station.

Fig. 35. FRONT SQUAT



- A. Stand erect with the bar resting on the shoulders in front of the neck. Feet shoulder width apart with toes pointing outward slightly. Squat down. Keep back as flat as possible and head up. Drive up keeping feet flat and weight equally divided on both feet.
- B. Value - Development of the front fibers of the quadriceps.
- C. Equipment - Squat stand and bar.

Fig. 36. SPRINTERS KICK

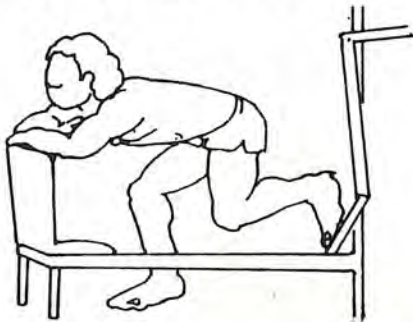


Fig. 37. STRAIGHT LEG RAISE



Fig. 38. REAL RUNNER OR LEAPER

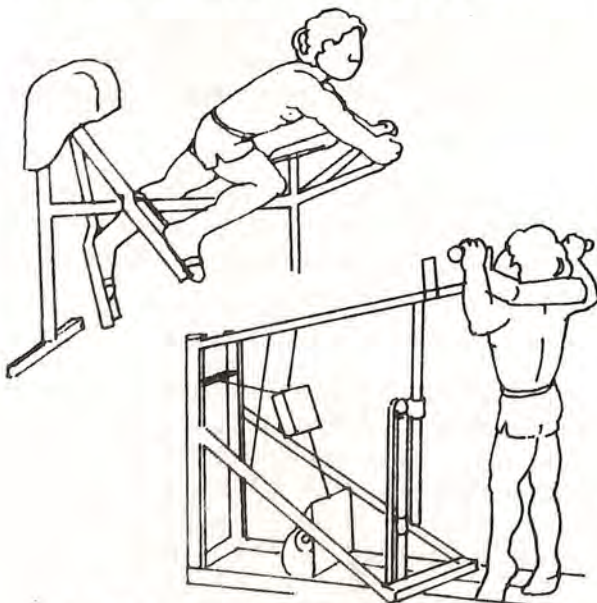
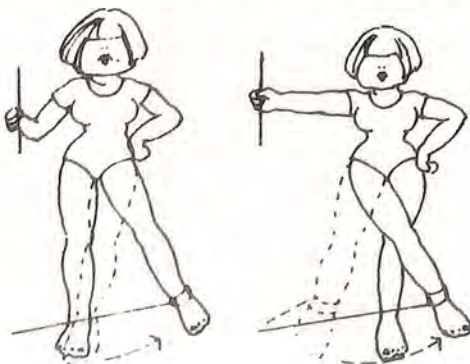


Fig. 39. ADDUCTOR AND ABDUCTOR



- A. Stand facing away from the Universal leg press station. Put one foot on the upper pedal and lean forward placing the shoulder on the dip bar stand. Extend the leg backward to full extension. Control the weight both directions.
- B. Value - Development of the quadricep.
- C. Equipment - Universal Leg Press Station.

- A. Sit on leg table with leg straight. Use the padded roller normally used for the leg curl. Lift the leg 6" to 8" keeping the knee locked. Lower and repeat.
- B. Value - Development of the stabilizers around the knee and quadricep.
- C. Equipment - Universal leg table.

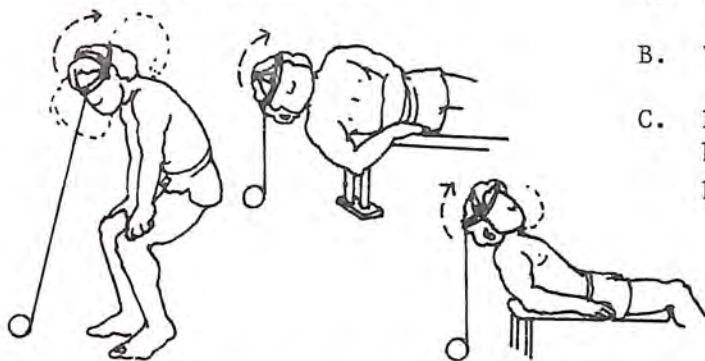
- A. On the real runner position the eyes directly above the chest pad. The arms are straight as they support the body. Drive the pedal straight back alternating one leg at a time.

On the Mini Gym Leaper, stand erect with padded harness resting on the shoulders. Grasp the handles which are most comfortable and bend the knees. Drive straight up onto the tip-toes. Lower and repeat.

- B. Value - Both machines develop the quadricep explosively. They increase the local muscular endurance which is essential in most all athletic events.
- C. Equipment - Universal Real Runner or Mini Gym Leaper.

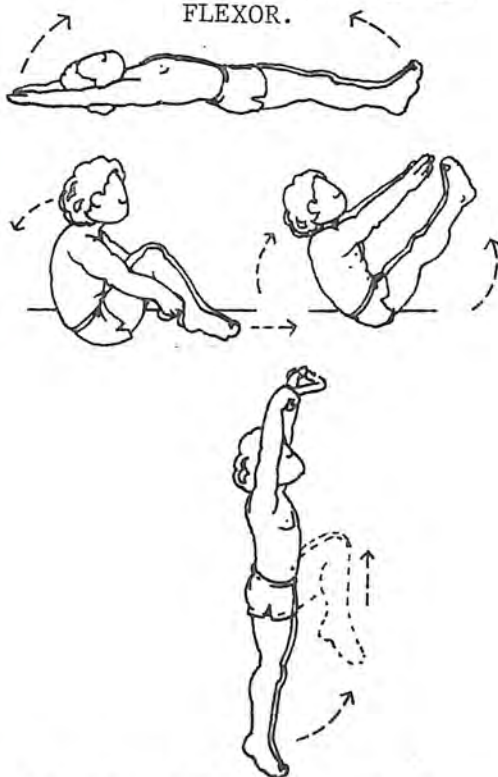
- A. Connect ankle strap to the low pulley station. Raise leg to the side keeping the knee locked. Move leg away from the body to develop the outer thigh and inward across the body to develop the inner thigh.
- B. Value - Development of the adductor longus and the stabilizer around the knee joint.
- C. Equipment - Universal low pulley station and ankle strap.

Fig. 40. NECK PULLEY



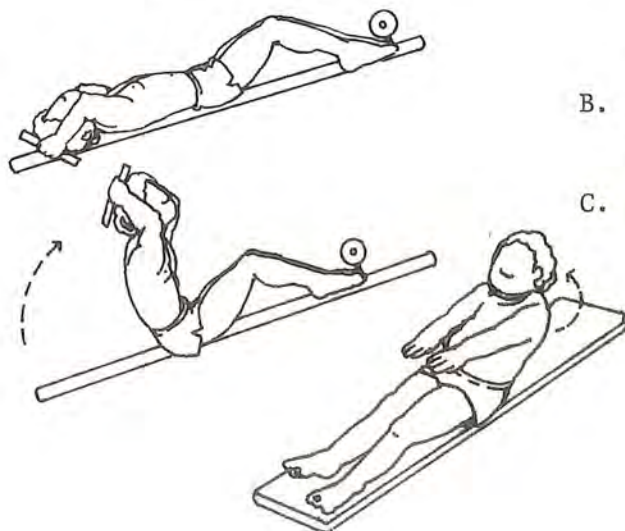
- A. Resist neck pulley in all four directions.
- B. Value - Development of the sternomastoid.
- C. Equipment - Universal Gym neck station, head strap, or towel, or Universal Low pulley station.

Fig. 41. KNEE-UP, JACK-KNIFE OR KNEES-UP ON HIP FLEXOR.



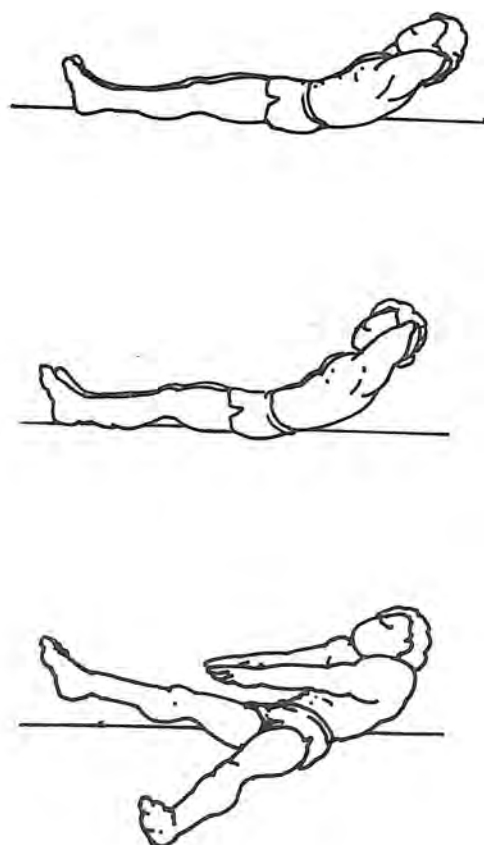
- A₁. The knee-up is done lying flat on the floor with the knees coming up to the chest as the chest comes up to meet the knees. The arms are extended as the finger tips touch the floor behind the head. The arms then move in an arc with the fingers touching the floor near the feet.
- A₂. The jack-knife is very similar to the knee-up except that the legs are kept straight and the fingers meet the toes directly above the body.
- A₃. A very similar exercise can be done on the hip flexor station on the universal gym machine by bringing the knees up to the chest or by raising both legs up with the knees locked. (a beginner may want to raise one leg at a time).
- B. Value - All three types will give excellent development of the rectus abdominus.
- C. Equipment - None, unless the hip flexor station on the universal gym machine is used.

Fig. 42. BENT KNEE SIT-UP WITH WEIGHT



- A. Lay on back and anchor feet. Place weight behind the head, tuck the chin and sit-up keeping knees bent. Beginners do not need a weight. When not able to do a sit-up begin on a decline.
- B. Value - Development of the abdominal muscles and groin.
- C. Equipment - Sit-up board and 10 or 25 lb. plate.

Fig. 43. CRUNCH



- A. Start on your back with hands behind your head and chin tucked. Allow the legs to be relaxed, they can be bent or straight and the feet do not need to be anchored. Sit-up to $\frac{1}{4}$ position or so that the eyes are 12"-14" above the mat. Hold this position for a full second and move to the $\frac{1}{2}$ position which is 6"-8" further. Hold this $\frac{1}{2}$ position for a full second and return to the $\frac{1}{4}$ position for a full second. Lower the head and shoulders to the mat and repeat the $\frac{1}{4}$ then $\frac{1}{2}$ then $\frac{1}{4}$ positions until completely exhausted. Normally 15 to 25 repetitions will bring complete fatigue if done properly. Without resting move directly to the second phase of this exercise. Spread the legs wide. Hold one foot six inches off the floor as both hands are brought toward the raised foot by curling the head and shoulders up. Do not throw the arms toward the raised foot, but rather allow the stomach to work as the hands slide over the thigh and to the knee of the raised leg. Lower the body to the mat and repeat. 5-10 repetitions should bring complete exhaustion. Raise opposite leg six inches and repeat.
- B. Value - Development of the rectus abdominus. One of the very best exercises for trimming the waist.
- C. Equipment - None. This exercise can be done anywhere and should be done daily.

Fig. 44. SIDE BEND

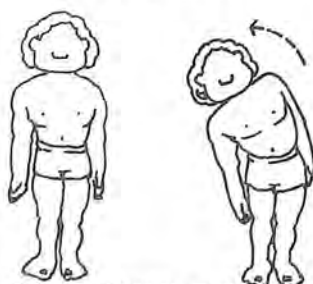
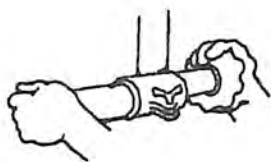


Fig. 45. WRIST ROLLER AND REVERSE WRIST ROLLER



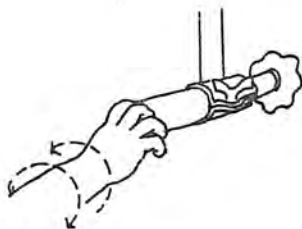
- A. Stand erect with arms at sides. Extend right hand down to knee level and back by bending at the hip. Do not bend forward. Alternate from one side to the other.
 - B. Value - Good for trimming the external oblique (spare tire).
 - C. Equipment - None
-
- A. Grasp the wrist roller with an overhand grip and roll the knuckles toward the body. Reverse by rolling the knuckles away from the body. Hold the arms out straight for best results.
 - B. Value - Development of the forearm.
 - C. Equipment - Universal Wrist and Forearm Conditioner or a wrist roller can be made very simply with a rope placed through a pipe or rod with a weight on the end.

Fig. 46. LATERAL WRIST CURL



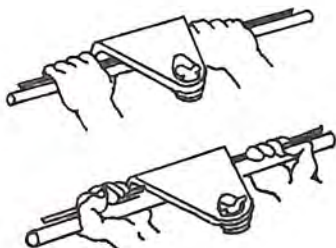
- A. Place the hands on the outside of the wrist roller as if you were shaking hands. Keep the arms straight as you rotate the thumbs toward and away from the body.
- B. Value - Development of the forearm.
- C. Equipment - Universal Wrist and Forearm Conditioner.

Fig. 47. PRONATION AND SUPINATION



- A. Place the hand one at a time on the outside of the wrist roller. Turn the roller as you would turn a door knob, but keep your arm straight as you turn the roller from one side to the other.
- B. Value - Development of the forearm. Especially good for tennis elbow.
- C. Equipment - Universal Wrist and Forearm Conditioner.

Fig. 48. FOREARM GRIPPER



- A. Place the hands in the overhand position and grip alternately. Next place the hands in the underhand position and grip alternately.
- B. Value - Development of the forearm.
- C. Equipment - Universal Wrist and Forearm Conditioner. Squeeze a rubber ball or hand gripper.

Fig. 49. REVERSE CABLE CURL
(Low Pulley)



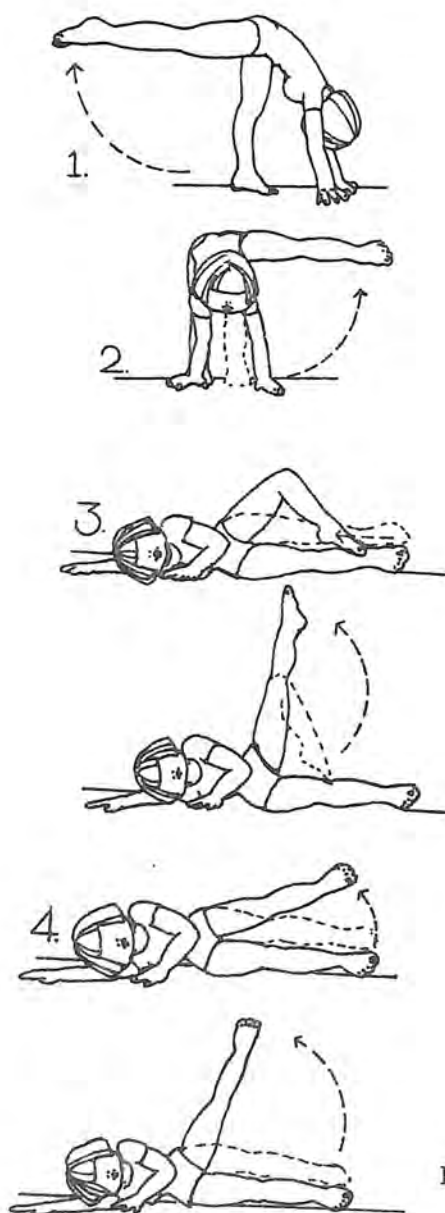
- A. Hold bar at thigh rest position with overhand grip - hands 10"-12" apart. Keep elbows close to the sides of body as the bar is curled in an arc upward to shoulder level. Lower the bar in the same arc and repeat.
- B. Value - Development of the flexor muscles in the forearm and the brachialis of the upper arm.
- C. Equipment - Universal Gym low pulley unit or barbell.

Fig. 50. BARBELL WRIST CURL



- A. Place barbell on fingertips with the hands in the underhand position. Curl the fingertips up and down keeping the elbows stationary. For best results do not grip the barbell, but keep it out on the fingertips.
- B. Value - Development of the forearm.
- C. Equipment - A barbell or dumbbell.

Fig. 51. BUTTOCKS AND HIP SERIES A.



1. Stand bent-over with hands shoulder width apart on the floor. Kick one leg straight back 10 times, keeping the head down between the arms and the knee straight. On the tenth one, hold the leg at the highest point for a count of 10. Repeat the back kick with opposite leg 10 times and hold the last one for a 10 count.

2. Kick one leg to the side 5 times as high as possible while keeping it straight. Hold the fifth one at the highest point for a count of five. Repeat with other leg.

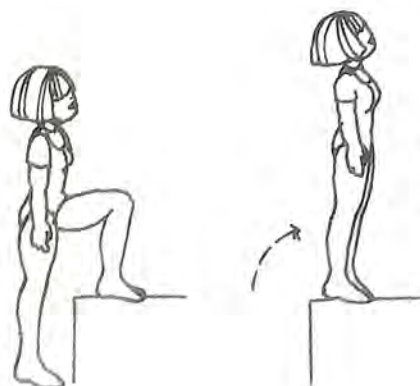
3. Lay on your side. Bring the foot of the top leg to the knee of the bottom leg so the toes are pointed at the bottom knee and the top knee is pointing to the ceiling. Lower the bent leg (top) back flat and repeat 20 of these knee raises. On the final one keep the top knee stationary pointing toward the ceiling and kick the foot of the top leg up so the leg reaches full extension. Lower the foot back to the lower knee and repeat for twenty foot kicks, change sides and repeat twenty knee raises and twenty foot kicks.

4. Remain on your side. Keep the top leg straight as you raise it 4"-6" to the $\frac{1}{4}$ position and back down. Do ten quarter raises and then ten full leg raises. As you do the full leg raises arch the back slightly and tilt the pelvis forward to place the emphasis more on the back of the hip. Repeat ten quarter raises and ten full leg raises with the opposite leg.

B. Value - Excellent series for firming and trimming the buttocks and hips.

C. Equipment - None. This series of exercises should be done daily.

Fig. 52. WALKING STEPS

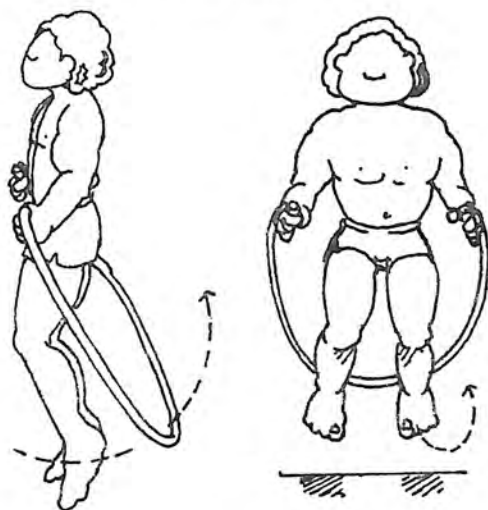


A. Select either a flight of steps or find a single step 18" to 24" high. Either step up and down with the same foot or alternate one foot and then the other.

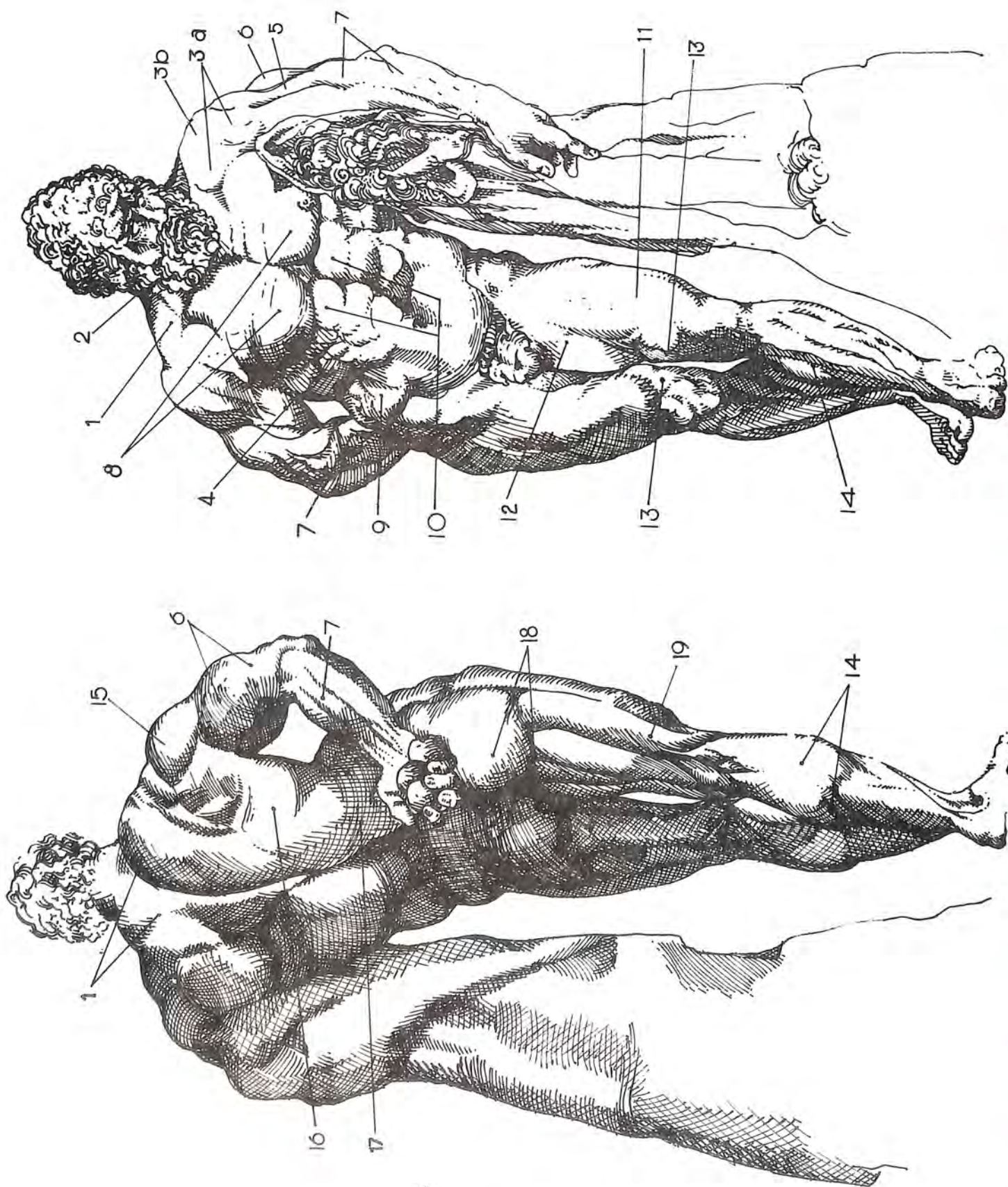
B. Value - Development of gluteus maximus.

C. Equipment - Step, stool, or bench.

Fig. 53. JUMP ROPE



- A. Keep the legs close together with knees slightly flexed. Do not jump any higher than is necessary for the rope to pass beneath the feet. Keep elbows close to the trunk as the rope is swung with wrist action.
- B. Value - Development of the muscles in the calf used in ankle flexion and extension.
- C. Equipment - Jump Rope



ACTIVITIES THAT DEVELOP THE MUSCLE

ACTION OF MUSCLE

MUSCLE

1. Trapezius
Draws head backward and to either side; raises shoulder girdle, rotates scapula.
 2. Sternocleidomastoid
Draws head forward, rotates head.
 3. Deltoid
a. Anterior
b. Lateral
Raises arm to shoulder level and assists in overhead movements.
 4. Biceps brachialis
Flexes and supinates forearms and adducts arms.
 6. Triceps
Extends forearm.
 7. Forearm
Extends hand and abducts hand.
Extends fingers.
 8. Pectorals
Draws arms forward and inward, aids in rotating arm inward.
 9. External Oblique
Rotates pelvis to the side.
 10. Rectus abdominis
Flexes trunk.
 11. Quadriceps
Extends thigh, flexes leg.
 12. Adductor longus
Adducts, rotates leg.
 13. Vastus medialis
Extends leg.
 14. Gastrocnemius
Extends foot and flexes leg.
 15. Posterior Deltoid
Raises and draws arm up and backward.
 16. Latissimus Dorsi
Draws arm downward, back-ward and rotates it.
 17. Erector Spinae
Supports and holds body upright.
 18. Gluteus maximus
Extends thigh and rotates it outward.
 19. Biceps femoris
Flexes leg and rotates it outward, aids in extension.
- Shrugging motion, neck work, especially lifting to the shoulders such as the clean and upright row. See figures: 19, 20, 22, 24, 25 and 40.
- Resisting with head, supporting weight on head such as head-strap exercises. See figure 40.
- Forward, lateral and bent-over raises, all pressing movements and dips. See figures: 6, 7, 8, 9, and 18.
- Single and two hand curling, reverse curling and chinning. See figures: 10, 11, 12, 13, 14, 22 and 49.
- All extension movements. See figures: 5, 15, 16, 17 and 18.
- Pinching, gripping, cleaning weights to shoulders, wrist turning. Reverse curl, see figures: 20, 28, 45, 46, 47, 48, 49 and 50.
- All supine and incline pressing, lying laterals, pullovers, dips and close-grip bench press. 1, 2, 3, 4, 5, and 18.
- Side bends, twisting movements, rotating torso while hips and legs remain stationary, sit-ups. See figures: 23, 26, 41, 42, 43 and 44.
- All types of sit-ups and all forms of leg raises. See figures: 41, 42, 43, and 44.
- Squats, leg raises, leg press and leg extension. See figures: 29, 30, 31, 32, 35, 36, 37 and 38.
- Wide stance squats, a cable attached to the ankle moving it inward and outward. See figure 39.
- Leg extension, leg press, squat, see figure 32 and 37.
- Raising and walking on tiptoes, calf work of leg press, squats, running sprinting and heel raise. Especially see figure 34, also figures 29, 30, 31, 38, 52 and 53.
- Lateral raise while bending over. See figure 8, 23 and 26.
- Pulldown behind neck on lat-machine, chinning, and rowing. See figures: 21, 22, 23 and 26.
- All bending movements, especially deadlifts, all twisting, side bends and hyperextensions. See figures: 19, 20, 27, 28, 31, 44 and 51.
- Full and half squats, Stair climbing, leg press. See figures: 29, 30, 31, 35, 36, 38, 51, 52 and 53.
- Squats, leg press, leg curl. Especially see figure 33 also figures 29, 30, 31, 35, 36, 38, 52 and 53.



Nutrition



TOM SORLEY has the distinction of being the 1978 Nebraska Football **Raquetball** Champion for winning the 255 game tournament for Nebraska players.



NUTRITION

Vitamins

Vitamins are a necessary factor for growth and maintenance of life. They were the last of the essential nutrients to be discovered. Supplementing the diet with vitamin pills is a waste of money. Even the poorest diets of the average American is sufficient in its supply of vitamins.

Vitamins are divided into two groups: water soluble vitamins (C and B complexes) which must be constantly replenished in the diet; and fat soluble vitamins (A, D, E, and K) which are stored in the fatty tissues of the body. An overdose of fat soluble vitamins can result in harmful effects to the body.

Minerals

We consume minerals directly through eating vegetables, fruits, and grains. There are nine principle minerals of which potassium is very important in muscle functioning. Potassium deficiencies are associated with muscular weakness and fatigue. Bananas and potatoes are good sources of potassium. Trace minerals are needed for growth and maintenance of the body, but are required in smaller amounts than the principle minerals. Zinc, a trace mineral, is thought by nutritional experts to be required for tissue repair and blood cell formation. Good sources of zinc are whole grain products and most meats. Minerals are extremely important for muscle functioning and must be constantly replaced by the body.

Carbohydrates

Carbohydrates are produced by a chemical reaction involving the sun, carbon dioxide, and water. This reaction is known as photosynthesis. Sugar, starches, and cellulose are collectively known as carbohydrates. Carbohydrates account for 45 percent of our total caloric intake. Since they burn quickly and easily, they provide the essential component (glucose) for muscular energy necessary for strenuous work-outs.

Plain table sugar is more harmful than good, because it contains many calories and little nutritional value. Natural sugars from fruits and starches from vegetables and bread (whole grain) are far better sources of carbohydrates.

Fats

Fats are a slow-burning, concentrated source of energy; thus they are well-suited for storage of excess energy. They also provide a means of transportation for fat soluble vitamins, which are important in metabolism of cholestorals. Fats are slow to digest thus should be avoided just prior to work-outs to avoid upset stomachs. Foods containing fat are: oils, margarine, butter, mayonnaise, salad dressings, nuts, and peanut butter. Without sufficient amounts of fat, nerve transmission is impaired.

Proteins

These are the building blocks of the human body. Work-outs with weights tear muscle tissue down, so only through proper amounts of protein can the muscle be repaired and grow to new limits. One gram per kilo (2.2 lbs.) body-weight is recommended daily. Hard training athletes should consider consuming more protein.



Proteins are made up of combinations of amino acids. Of the 23 amino acids, 10 cannot be synthesized by the human body so they must be supplied by the daily diet. Foods with the best amino acid balances, listed in order of highest utilization are: eggs, milk, cooked oatmeal, meats and whole grain products.

Basic Diet

Getting all the essential nutrients necessary for proper bodily functioning can be done by following the basic four approach. By including foods from the following four groups you can be assured of an adequate diet.

1. Milk Group
--Ice cream, cheese, milk (2-4 glasses daily)
2. Meat Group - Four or more servings daily
--Meats, poultry fish, eggs, dry beans, and nuts
3. Vegetable and Fruit Group - Four or more servings daily
--Salads, citrus fruits or tomatoes
4. Bread and Cereal Group - Four or more servings daily
--Whole wheat bread, granola

Fad Diets

From a recent survey of fad diets one can conclude that they can be unhealthful to the human body. Usually fad diets restrict the diet of one or two food groups. As a result, many essential nutrients are eliminated. A recent example is the liquid protein diet which restricts fats and carbohydrates, not to mention vitamins and minerals. Many deaths have resulted.

Losing Weight

Losing weight is a matter of consuming fewer calories than you expend. To lose one pound of body weight you must expend 3500 calories more than you consume. You must continue to eat the four basic foods, but in smaller amounts. Weight loss should be a slow, gradual process. In order to lose one pound per week, you must consume 500 less calories.

Gaining Weight

You must follow the same procedure to gain weight as you would to lose, except in reverse. You must consume 3500 calories to gain one pound body weight. A good method to gain weight is taking a gain-weight supplement, such as Charge, every morning with breakfast and just before retiring at night. Again, always eat from the basic four foods.

The following are possible items for your breakfast, lunch and dinner meals. A regular diet is presented for each meal, as well as one for gaining and losing weight. Several items are presented in order that you may interchange and yet stay in the same calorie range.

EXAMPLE: Breakfast

<u>Items</u>	<u>Size Serving</u>	<u>Calories</u>
Fresh Fruit - Banana	1/2 medium	40
Canned Fruit - Applesauce	1/4 cup	50
Hot Cereal - Oatmeal	3/4 cup	110
Cold Cereal - Cornflakes	1 oz.	110
Fried Egg	1	118
Hash Browns	3-4 oz.	135
Cinnamon Toast	1 slice	170
Toast w/Butter and Jelly	1 slice	155
Whole Milk	8 oz.	165
Skim Milk	8 oz.	90
Chocolate Milk	8 oz.	235
Orange Juice	8 oz.	110

Possible Selections:

<u>Regular</u>		<u>Weight Gaining</u>		<u>Weight Reduction</u>	
Canned Fruit	50	Fresh Fruit	40	Canned Fruit	50
Cereal	110	2 Cinnamon Toast	340	1 Slice Toast	105
Toast, Butter, Jelly	155	2 Eggs, Poached	150	1 Egg Poached	75
1 Egg, Poached	75	Hash Browns	135	Skim Milk	90
Whole Milk	165	Chocolate Milk	235		320
	<u>555</u>		<u>900</u>		

EXAMPLE: Lunch

<u>Items</u>	<u>Size Serving</u>	<u>Calories</u>
Navy Bean Soup	6 Oz.	143
Crackers	2 (2" sq.)	35
Hamburger Pizza	5½" Section	260
Potato Chips	10 Chips	110
Braised Beef w/Gravy	3 Oz.	275
Noodles	1/2 cup	100
Mixed Vegetables (Buttered)	1/2 cup	45
Spinach (Buttered)	1/2 cup	15
<u>Salads</u>		
Tossed w/Dressing	1 cup, 1 T. Dressing	Negligible
Strawberry Jello	1/2 cup	85
Pear and Cheese	1/2 cup, 1/2 Pear	100
Cottage Cheese/Apricot	1/4 cup, 1 Apricot	75
Coleslaw	1/3 cup	40
Orange Gelatin w/Pears	1/2 cup	85
<u>Desserts</u>		
Yellow Cake w/Icing	1 piece	160
Chocolate Chip Cookies	2	110
Fruited Gelatin w/Topping	1 cup	100
Fresh Fruit - Apple	1 medium	70
Canned Fruit	1/2 cup	100
<u>Beverage</u>		
Milk, Whole	8 oz.	165
Skim Milk	8 oz.	90
Chocolate Milk	8 oz.	235
Coffee w/Cream and Sugar	8 oz.	45
Bread and Butter	1 slice, 1 pat	115

Possible Selections:

<u>Regular</u>		<u>Weight Gaining</u>		<u>Weight Reduction</u>	
Braised Beef	275	Soup	143	Braised Beef	275
Noodles	100	Crackers	35	Spinach	15
Spinach	15	Pizza	260	Coleslaw	40
Jello Salad	85	Potato Chips	110	Apple	70
Chocolate Chip		Mixed Vegetables	45	Iced Tea	0
Cookies	110	Tossed Salad			400
Skim Milk	90	w/ Dressing	75		
	675	Pear w/Grated			
		Cheese	100		
		Whole Milk	165		
		Cake and Icing	160		
			1,093		

EXAMPLE: Dinner

<u>Items</u>	<u>Size Serving</u>	<u>Calories</u>
Roast Turkey	3 oz.	170
Dressing	1/3 cup	110
Fold-over Steaks	3 oz.-2 T. Dressing	240
Shrimp Creole	3 oz.	110
Rice	1/4 cup	50
Au Graten Potatoes	1/2 cup	150
Buttered Peas	1/4 cup	51
Buttered Wax Beans	1/4 cup	15
<u>Salads</u>		
Tossed w/Dressing	1 cup w/dressing	75
Strawberry Squares	1/2 cup	85
Pear and Grated Cheese	1/2 Pear	100
Cottage Cheese and Apricot	1/4 cup, 1 apricot	75
Orange Gelatin w/Pears	1/2 cup	85
Coleslaw	1/3 cup	40
<u>Desserts</u>		
Peach Pie	1/8 pie	340
Chocolate Cake w/Icing	1 piece	320
Lime Delight	1 piece	250
Fresh Fruit, Orange	1 medium	40
Canned Fruit	1/2 cup	100

Possible Selections:

<u>Regular</u>	<u>Weight Gaining</u>	<u>Weight Reduction</u>
Fold-over Steak 240	Roast Turkey 170	Shrimp Creole 110
Au Graten Potatoes 150	Dressing 110	Rice 50
Wax Beans 15	Buttered Peas 51	Wax Beans 15
Strawberry Squares 85	Orange Gelatin	Coleslaw 40
Coleslaw 40	Salad 85	Fresh Fruit 40
Canned Fruit 100	Tossed Salad/Dressing 75	Skim Milk 90
Iced Tea 0	Peach Pie 340	345
630	2 - 8 oz. glasses	
	whole milk 330	
	1,161	

A sample six-meal menu for weight gaining would be as follows:

- | <u>1. Breakfast</u> | <u>Serving Size</u> |
|---|-------------------------------------|
| Canned or fresh fruit | 1 average serving |
| Cold or hot cereal | 1 large bowl |
| 2 eggs, scrambled | |
| 2 toast and 2 butter | |
| Milk, whole | 1 8 oz. glass |
| Sugar, as desired | |
|
<u>2. Mid-Morning</u> | |
| Cold cereal and milk and sugar or
High Protein Drink | 1 8 oz. glass |
|
<u>3. Lunch</u> | |
| Vegetable beef soup | 1 large bowl |
| Beef patties with bun | 6 or more ounces of meat |
| Buttered green beans | 1 average serving |
| Lettuce salad w/dressing | 1 average serving |
| Canned apricots | 1 average serving |
| Apple pie | 1 average serving |
| Milk | 1 8 oz. glass |
|
<u>4. Mid-Afternoon</u> | |
| Malt, milk shake, or high protein dring | 1 8 oz. glass |
|
<u>5. Dinner</u> | |
| Roast beef | 6 oz. or more |
| Mashed potatoes and gravy | 1 average serving |
| Buttered carrots and spinach | 1 average serving |
| Apple, celery, nut salad | 1 average serving |
| A light dessert such as watermelon,
cantaloupe, angel or sponge cake | |
| Milk | 1 8 oz. glass |
|
<u>6. Bedtime</u> | |
| Cheese, crackers and milk or
High Protein Drink | 1 8 oz. glass milk
1 8 oz. glass |



References



SCOTT POEHLING holds the All-time record in the **1.5 mile run** for Nebraska football players at 7 minutes and 32 seconds.

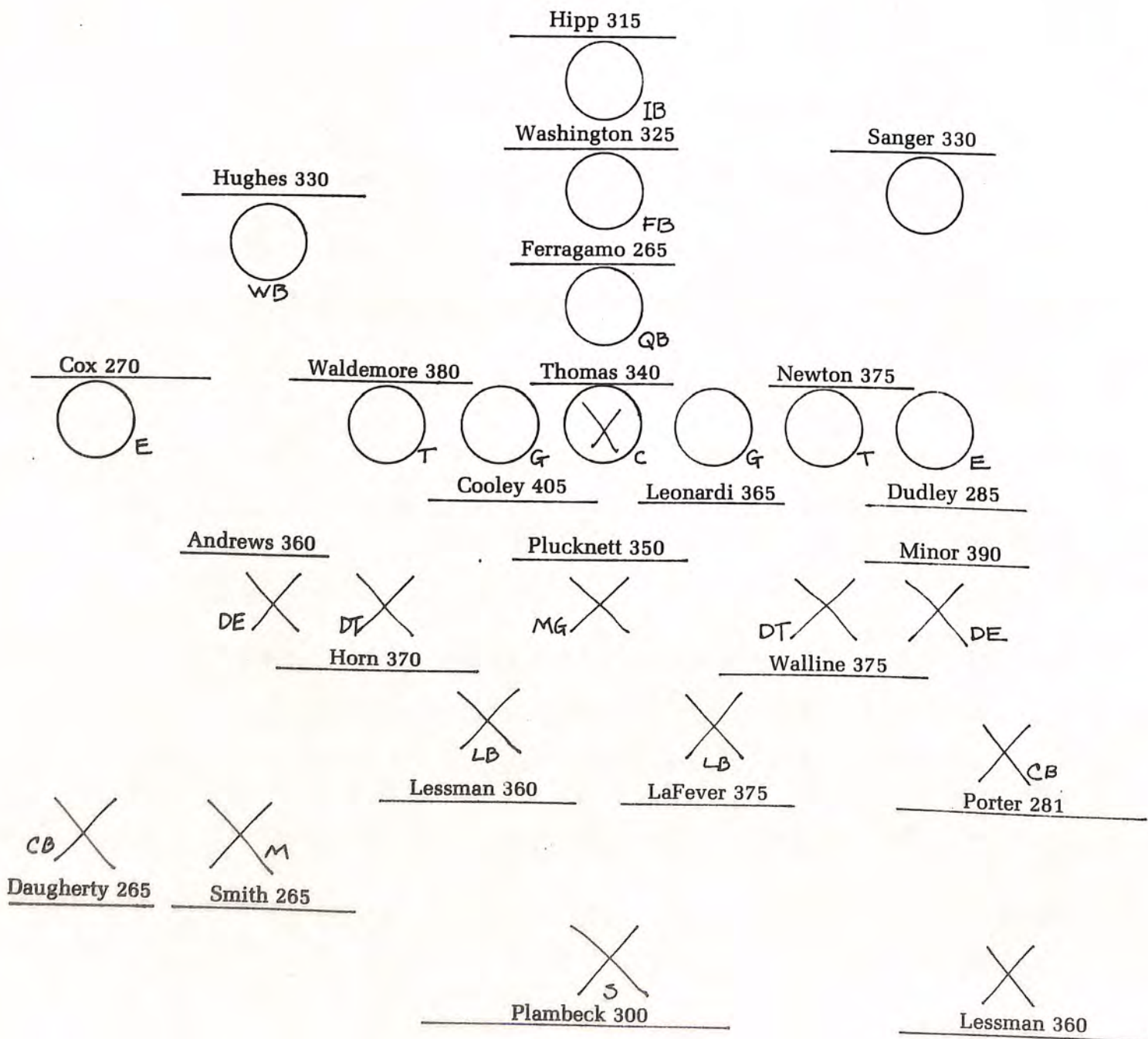


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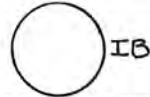
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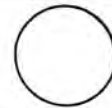
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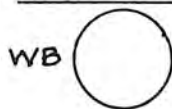
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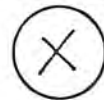
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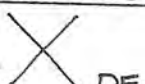
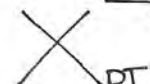
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Lee 297



Coccia 275



Horn 342

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Barfield 253



Walton 275



Pillen 265



Kunz 320s



Adams 307



Hansen 259



Smith 264



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COVER PAGE: Defense - Compliments of Oudious Lee

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Step 2 Picture by Toby Beck

Step 3 Picture by Dean Gissler

Step 4 Picture by Bill Allerheiligen

Step 5 Pictures by Bill Allerheiligen

Step 6 Picture by NU Staff

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Picture of Scott Poehling by NU Staff

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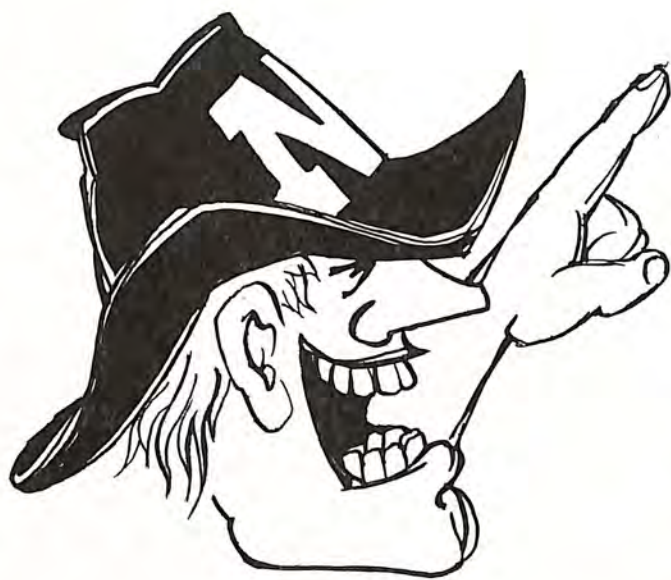
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Gary Wade, Assistant Strength Coach



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